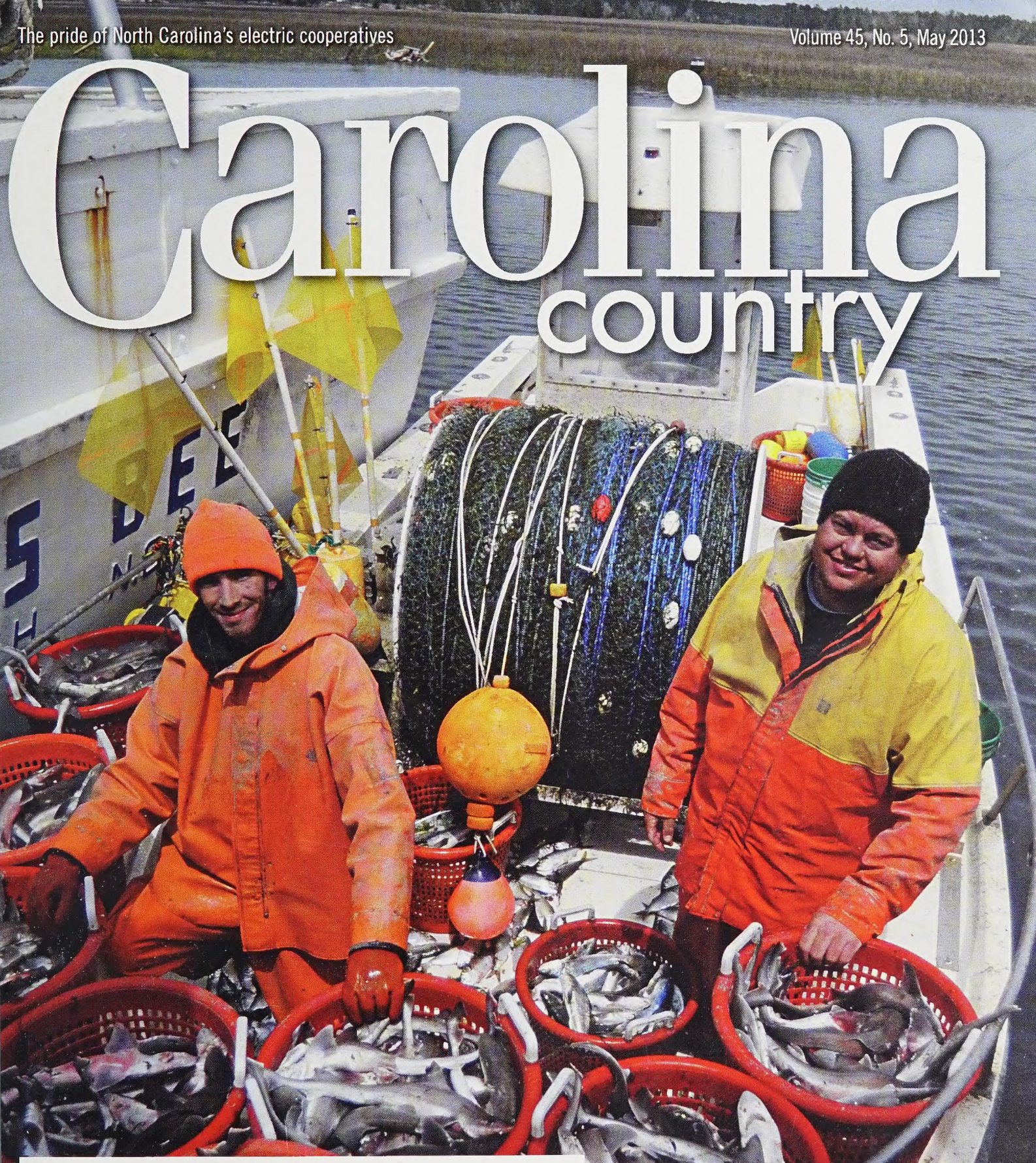
The pride of North Carolina's electric cooperatives

Volume 45, No. 5, May 2013

# Carolina country



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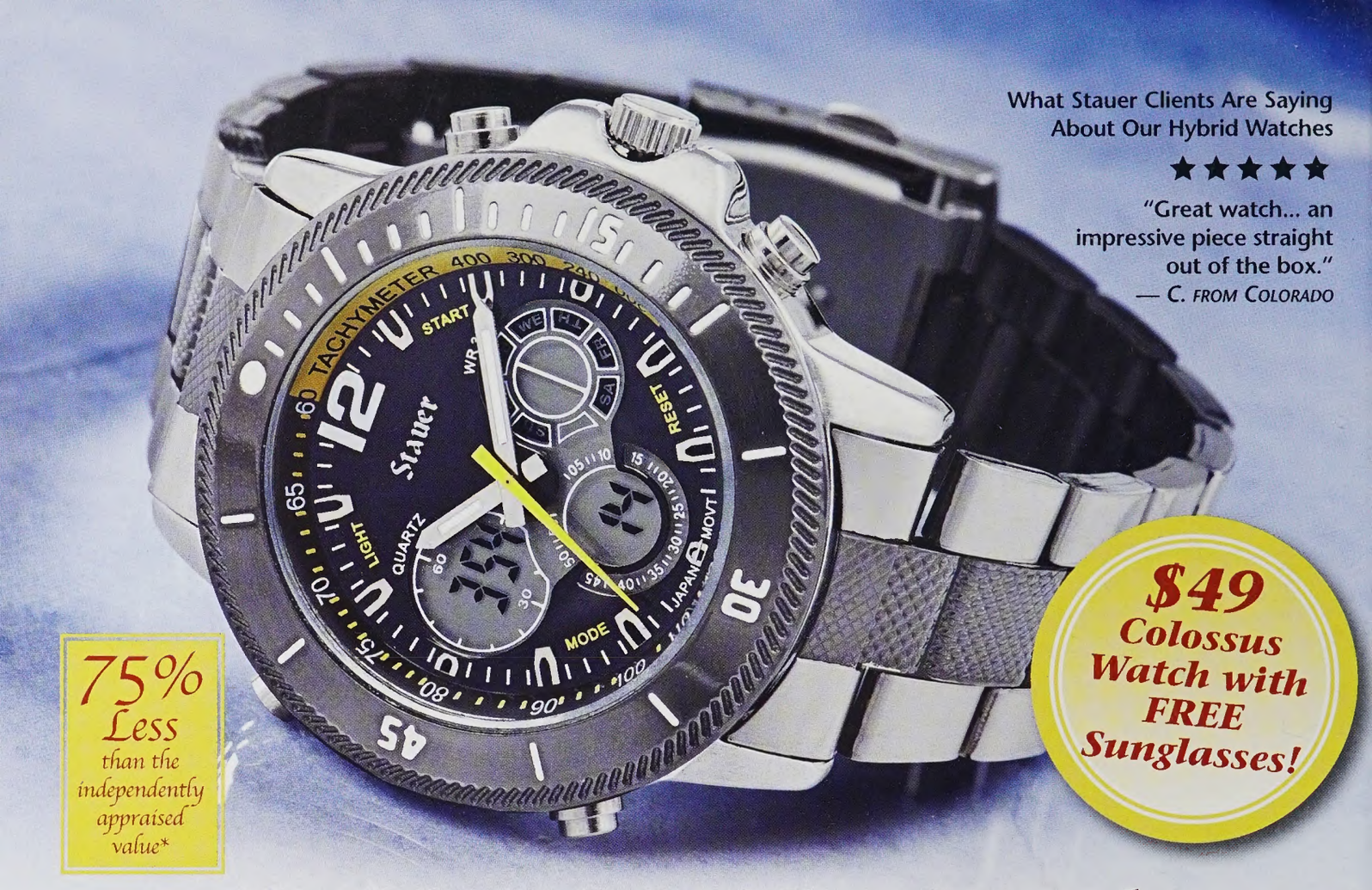
## Catch of the Day

ALSO INSIDE:

**Household help**
**Sun-dried laundry**
**Rockfish adventures**

An illustrated guide to North Carolina's electric utilities—pages 10–11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The *Colossus* is packed with plenty of handy extras including a bright green EL back-light for enhanced nighttime visibility, a tachymeter along the outer dial and a full complement of alarms and split-second countdown timers. It secures with a folded steel bracelet that highlights a row of striking dark center links. It's a rugged watch that's more than ready for your daily grind.

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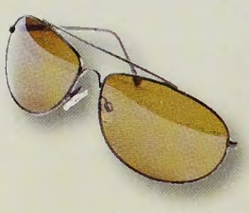

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### ON THE COVER

Brunswick County fishermen Steven Galloway (left) and Jason Lewis bring in a day's haul on Lewis' "Sou'wester." The fresh fish go to Garland Seafood in Supply. All are members of Brunswick EMC. Learn about the drive to promote local fish and fishing on pages 13–15. (Susan Francy photography)

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# We don't have to make big changes to make a big difference

*By Katie Valchar*

*A junior at Heritage High School in Wake Forest, Katie Valchar is a student in Molly Bostic's AP Environmental Science class. In April, she reported to the annual meeting of North Carolina's electric cooperatives on her class experience.*

When Mrs. Bostic assigned the "Energy Audit," I thought it would just be a normal lab that applies lessons taught in class. But this was no typical lab. The "Energy Audit" taught me lessons that I will use for the rest of my life.

We had been studying different types of energy—coal, oil, natural gas, wind—and their costs and benefits to families and the environment. We had been doing labs all year, and you know about normal high school labs in a laboratory. But this lab was different. We took the lab to our own homes. For 10 days, we monitored our home's electricity meter and tracked the kilowatt-hour usage. We recorded major appliance usage, thermostat settings and the weather that day. We looked at our electricity bills and calculated the average cost per kilowatt-hour.

> I had known that using energy can impact the environment, but I had not known exactly how much.

I had known that using energy can impact the environment, but I had not known exactly how much. Each student called their energy provider—I called Wake Electric—to find out how much of each type of energy our homes used. With some constant numbers, we then calculated the amount of sulfur dioxide and carbon dioxide our homes produced every week, day and hour. In class, we had already studied about how those substances affect the atmosphere. It was really eye-opening for me to realize that I was a part of that contribution from my own house.

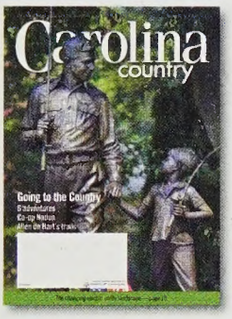
The calculations of the average cost per kilowatt-hour and the average cost of energy per day shocked my family and me. We decided that paying over $8 a day for energy was just too much. It was not that the energy was too expensive, just that we were using too much. The "Energy Audit" gave me specifics on how much money was coming out of my pocket for energy. (Well, actually from my parents' pockets.)

By using Wake Electric's new Monitor and Manage program and Smart Hub app, I had an advantage. With this iPhone application, I could check my house's energy usage from anywhere, anytime. I could see the annual, monthly, weekly, daily and hourly energy usage. I even downloaded it for my parents to use. Usually, we would get our electric bill and accept it. But the app has sparked family discussion. We can see when we have high kilowatt-hour usage and when we have low usage, and we have become more conscious of it. When we use the dryer a lot, we can see the kilowatt-hour usage go up. When a shower is going, we see the same trend. We can say, "Whatever we did in that hour, let's do that less often," and "Whatever we did to be more efficient in that time, let's do that more often."

Now there are two motives in my house to be energy-efficient: we can save money and the atmosphere.

I had never thought that taking two minutes less in the shower would make a visible difference, but it does. I hadn't thought that turning off the kitchen lights when I leave for school would make a difference, but it does, and I could see that it did. Through this lab, I learned about sources of energy, their effects on the environment, and how my family contributes. But the biggest thing I learned was that we don't have to make big changes to make a big difference.

## Whistling along




When I received the April 2013 Carolina Country, I smiled when I saw the bronze statue of Andy and Opie Griffith on the cover. I was so pleased that I broke into my best whistling version of the opening theme song. I have fond memories of watching "The Andy Griffith Show" with my mom who, while raising our family outside the Washington, D.C., area, yearned for her hometown of Churvull (that's Cherryville if speakin' formally).

I was still in energetic whistle and happily flipping through the pages when a picture on page 34 stopped me mid-pucker and made me laugh out loud. The picture showed a woman whistling, advertising the 40th International Whistlers Convention. It was as if she was whistling right along with me and Andy Griffith.

I don't think my whistle is ready for public exhibition yet, but I thought I'd share this funny moment with Carolina Country. I love your publication and save every copy for my mom to read when she visits.

*Tammy Shipley, Weddington, Union Power Cooperative*

## The old Oval post office

This is the old Oval post office which was located at the corner of Oval Post Rd. and Watertank Rd in West Jefferson. It was there for years when this area was known as Oval. It is now located with a private resident of Craven Farms on Lower Nettle Knob Rd., West Jefferson.

*Cathey Purvey, West Jefferson, Blue Ridge Electric*

## Sampson County summer

I took this photo one foggy summer morning last year on my way to work. I was traveling Highway 24 in Sampson County. There is so much beauty along the highways of North Carolina. There is a picture everywhere you look, and I love them all. My friends say that if I carried my camera with me all the time, I would never get to work.

*Donna Banks, Roseboro, South River EMC*

## Monroe morning

During my Christmas break from school, my husband and I woke up and the sun was just rising.

*Jill Messer, Monroe, Union Power Cooperative*

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ADVENTURES OF THE HOMESTEAD REDHEAD

# Starting out on Little Bit Farm

*By Laura Conner Massengale*

I am a born and raised North Carolina girl. Although my life has been full of adventure, I have never lived more than 60 miles from my birthplace. My grandfather and eventually my daddy grew up on a 254-acre dairy farm in Chapel Hill. My great-grandfather Luke Conner (1891–1974) bought the farm in 1929. University Mall now stands on the Conner farm's land that once pastured cows named after movie stars and grew fields teeming with corn and hay.

I am a registered nurse in a local emergency department, so my work days are filled with life, death and everything in between. My husband, Gabe, is a firefighter and emergency medical technician, working 24-hour shifts for a local city. When we are not working in the community, we are home enjoying our bustling mini-farm.

Along with our passion for people, we have a deep passion for taking care of animals and enjoying the wonders of nature. Gabe and I own several acres in Orange County. I nicknamed our mini-farm "Little Bit Farm" because we have a little bit of this and a little bit of that. On our mini-farm we have four trouble-making Nigerian Dwarf goats, two always-hungry mini-potbellied pigs, seven vivacious hens, two rescue dogs and a mini-multitude of crops.

Since there is never a dull moment on our mini-farm, I decided to create a blog, "Homestead Redhead," to record and share our many adventures. From covert animal escapes to the birth of a compost bin, "Homestead Redhead" recounts our experiences. Our hens are full of life and personality and are a constant source of entertainment and fresh eggs. We are hopeful that our pigs, Houdini and Lady-Bug, will be expecting their first farrow of piglets in the near future. Our goats are not very productive members of our mini-farm; they mostly eat, get into trouble and keep us on our toes. We do not have plans to eat the pigs or goats, but we enjoy learning more about their nature and how to care for them. In the near future my husband and I, along with my parents and my sister's family, will be purchasing property to begin farming on a larger scale. We plan on having a small herd of beef cattle, a mini-Jersey cow for milk, chickens, hogs, horses and meat goats. We will also be growing lots of organic fruits, vegetables and flowers.

It seems to me that appreciation and respect for the old ways of doing things have been left behind over the years, especially by the younger generations.

It seems to me that appreciation and respect for the old ways of doing things have been left behind over the years, especially by the younger generations. I am passionately interested in homesteading and bringing new life to these forgotten ways. My husband and I have a goal of one day living on a completely self-reliant homestead. I currently make our own butter, cheese, laundry detergent, dishwasher detergent and toothpaste—just to name a few items. I like choosing what to include in our foods and household products, rather than being limited to processed and commercial items. We try to utilize our crops as our main food source. We also belong to a local co-op that delivers fresh food from other farms in North Carolina.

Although caring for the crops and animals involves substantial time and effort, it brings me a great sense of purpose and fulfillment. I love the cyclical rhythm of farm life: you take care of the land and the animals, and they in turn take care of you.

*Laura Conner Massengale and her husband, Gabe, are members of Piedmont EMC and live in Orange County. From time to time we will publish her reports on their homesteading adventures. Follow Laura's blog at homesteadredhead.com*

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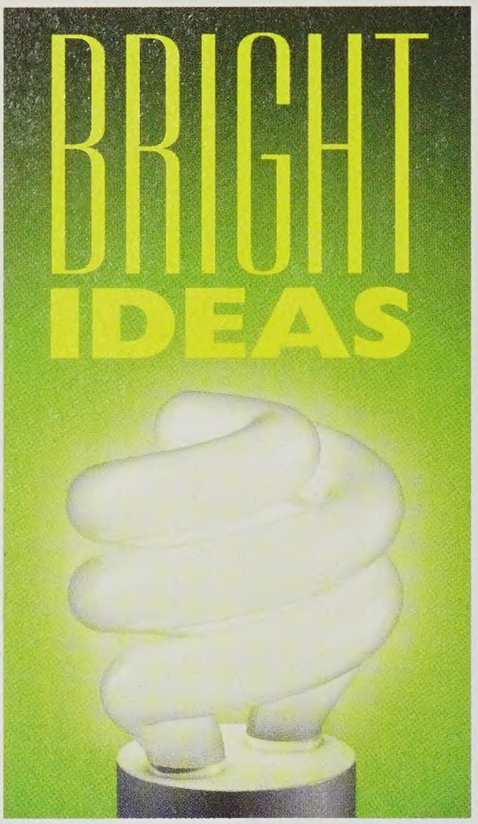


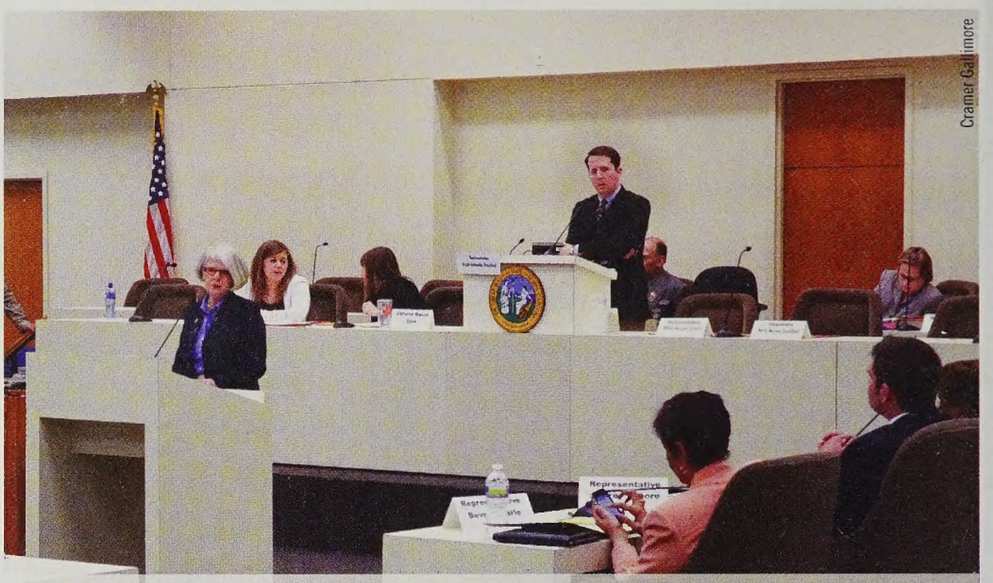

## Grants for schoolteachers

Now through September, North Carolina's 26 electric cooperatives are accepting applications for the Bright Ideas education grant program. More than $600,000 will be awarded to teachers across the state to fund creative classroom projects for the 2013–2014 school year.

"It is an honor to reward the hard work and creativity of Tar Heel teachers who, in turn, will improve education in North Carolina classrooms," said Lindsey Listrom, Bright Ideas coordinator for North Carolina's electric cooperatives.

Tar Heel teachers in grades K–12 can receive funding for innovative, classroom-based projects that would not otherwise be funded. Each year, close to 600 grants are funded across the state to teachers in eligible schools in a variety of disciplines, including music, art, history, reading, science, career-planning and information technology.

Since 1994, the Bright Ideas education grant program has reached more than 1.5 million students in North Carolina by awarding more than $8.5 million in grant money to sponsor more than 8,300 projects. Additional information on the program and applications are available online at www.ncbrightideas.com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*Rep. Michele Presnell (R-Yancey) presents the electric cooperative's regulatory reform bill to the House Public Utilities Committee. Rep. Bryan Holloway (R-Stokes) presides in the Appropriations Committee Room of the Legislative Office Building. The bill passed unanimously with bipartisan support.*

## Your co-op delegates at work in Raleigh

More than 150 board members and employees from electric cooperatives across North Carolina visited the state legislative building on March 13 for the annual "Rally in Raleigh."

During the rally, cooperative leaders met with their local representatives in the North Carolina House and Senate to discuss issues facing electric cooperatives, including copper theft, regulatory reform and tax reform.

Legislation plays a key role in the cooperatives' ability to deliver safe, affordable, reliable power. Legislation and regulation are key drivers of cost, including an aging infrastructure and incorporating new technology to meet members' expectations.

Co-op board members and staff discussed these issues and also shared success stories with elected officials about the projects in their districts, including: new construction, energy efficiency, economic development, grid modernization and community outreach.

## Did you join the Youth Tour to Washington?

Fifty years ago, the Rural Electric Youth Tour to Washington, D.C., hosted its first group of high school students to learn about electric cooperatives, as well as U.S. government and history. North Carolina cooperatives have sent more than 1,600 students throughout the years, some who remain close to home and others who have scattered throughout the country.

If you have represented a cooperative on the Tour, join other alumni in a listing compiled by the North Carolina Association of Electric Cooperatives. Add what you've been up to since the Youth Tour—your education, your career, your location and your favorite memories of that week spent in D.C.

The database of Youth Tour alumni is being put together at www.ncelectriccooperatives.com/youthtour

## As gasoline prices rise, so do sales of electric vehicles

The Electric Drive Transportation Association reported that March was the best month ever for plug-in electric vehicle sales. EDTA said 7,632 plug-in vehicles—plug-in hybrid, extended range and battery-powered electric vehicles—were sold in March, a 41.2 percent increase in sales over the previous month. EDTA also reported that there was a 140 percent increase over what plug-in sales were at the same time last year.

Meanwhile, 46,327 hybrids (powered by an internal combustion engine and an electric motor) were sold in March, a 15.3 percent increase over February. Total yearly hybrid sales were 14 percent higher than they were at the same time in 2012, EDTA said.

Electric vehicle market observers point to rising gasoline prices, increasing reliability records for plug-in electric vehicles (PEV), and a wider selection of hybrids—including the Toyota Prius C, the Ford Fusion sedan, even the LaFerrari, a 949-horsepower, million-dollar luxury car.

Hybrid vehicles make electricity when they slow down and store it in a battery. Some can run on electricity alone for varying distances. Their fuel economy can be more than 40 percent better than the conventional gasoline version of the same model.

Worries that batteries will have to be replaced or that the cars will experience mechanical problems haven't proven true so far. Toyota says 90 percent of the Prius cars it has sold since introducing the model to the U.S. market in 2000 are still on the road.

The pricy (about $70,000), all-electric Tesla—a full-size car that can go for between 160 and 200 miles on a charge—in the first quarter of 2013 emerged as a contender in the market. Its reported sales of 4,750 vehicles was about the same as the Chevy Volt and ahead of the Nissan Leaf. The Toyota Prius hybrid plug-in was fourth.

*The electric Chevy Volt owned by EnergyUnited electric cooperative.*

## A lineman advances

Andrew "Eric" Helton, a line A technician in Blue Ridge Electric's Caldwell District, completed the requirements to receive the Electric Lineman Technology Advanced Certificate during the 2012 fall semester at Nash Community College.

The education program is offered by the North Carolina Association of Electric Cooperatives at the campus and training field in Nash County. Courses include classroom and outdoor training in such skills as overhead line construction, underground line construction and the National Electrical Safety Code.

Students who complete 65 college credits earn an Associate Degree in Electric Lineman Technology. Beyond classes in line work and energy management, courses toward the Associate Degree range from writing and math to critical thinking, computers and communication.

## More about today's air filters

Peter Kusterer, of Air Comfort For Homes and a member of Carteret-Craven Electric Cooperative, provided the following information to add to the basic summary we published about HVAC air filters. ["Clearing the Air," March 2013]

Originally ductwork was for distributing conditioned air, and filters were for keeping the coils and ductwork clean of hair and large dirt particles. As homeowners became more interested in indoor air quality, various types of media filters became available.

Design of the filter plays an important role in overall performance and use. Frequent changes and better performing filters can reduce maintenance costs, save energy and clear the air. However, not all filter designs are created equal.

It is true that filters with a higher Minimum Efficiency Reporting Value (MERV) block more dirt, but also reduce airflow and system efficiency. However, manufacturers have improved design beyond the traditional 1-inch pleated filter and offer high performance filters with low pressure drop. Aprilaire and Honeywell offer whole-home media air filters at or above MERV 8 without an adverse effect on the system's performance. The unique surface design of these filters can also offer MERV 11 protection and (in most cases) require only one change per year.

Homeowners should recognize that a filter is only effective when the system is running. Dust, pet dander, odors, smoke and other indoor pollutants occur year-round, and today's programmable thermostats and automation make it easier to clear the air when the system isn't running.

Running the fan only (if you know your ductwork is tight) can help clean the air. Aprilaire's "event-based cleaning" allows you to choose from a variety of pre-defined runtime settings, for example a three-hour period while vacuuming and dusting.

Your local HVAC professional or indoor air comfort specialist can help you choose the best combination of filtration and overall cost and system efficiency for their home.

# A Guide to Electric Utilities

More than 100 separately organized electric utilities serve North Carolina's consumers. Depending on where you live or work, you could receive electric service from a consumer-owned cooperative, an investor-owned utility, your city government, a university-owned utility or some other utility operating in the state. Each covers a designated service area.

In the early days of electrification, power generally was available only in larger communities, where power companies could be assured of an economic return. In the 1930s and '40s, rural residents formed cooperatives that they could own and manage themselves to bring electricity to more sparsely populated regions.

After World War II, growth in North Carolina's towns and cities began spilling over into these formerly rural areas. In 1965, the North Carolina Utilities Commission (an agency of state government formed in 1891) brought together investor-owned utilities and cooperatives in order to define and assign service areas. This division of service areas still stands today, although with some modifications.

Municipally-owned utilities serve customers within their city or town limits. In 2005, state legislation clarified the procedures by which cooperatives and municipal electric systems negotiate their respective service areas in relation to one another.

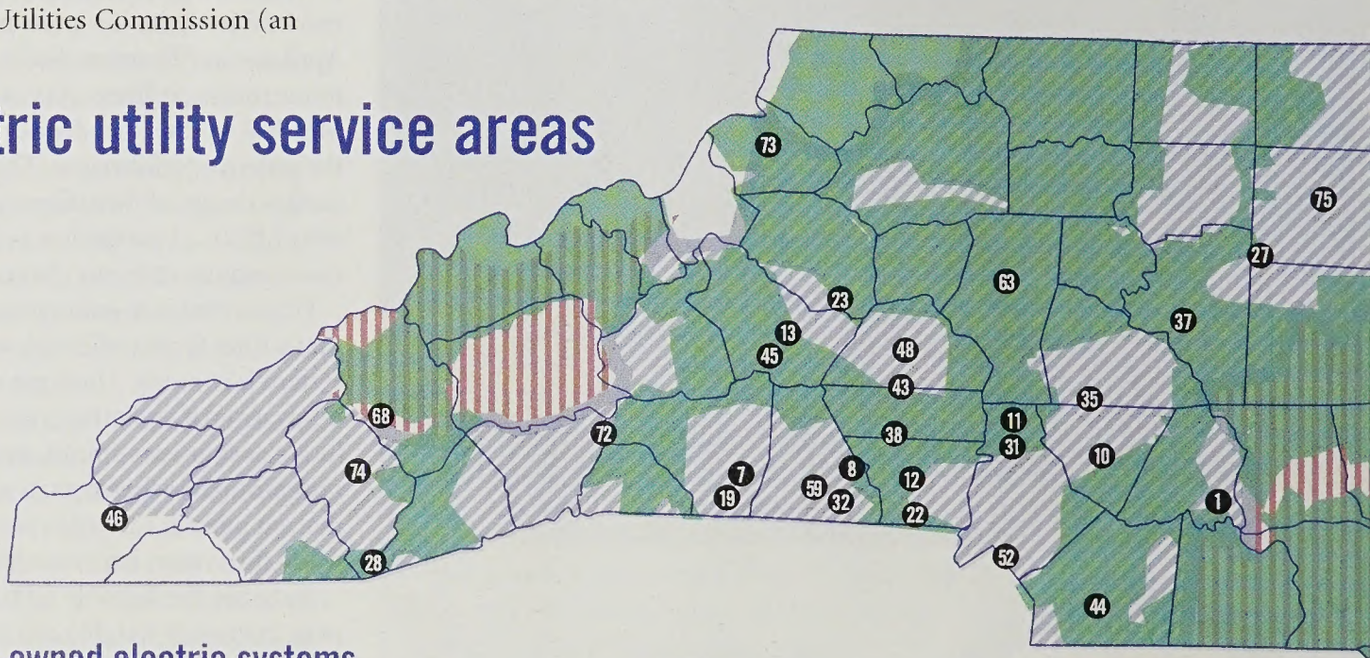
In the summer of 2012, a merger of the investor-owned utilities Duke Energy and Progress Energy formed the largest electric utility in the nation. Duke Energy (the official name of the merged corporations) serves some 7.2 million electric accounts in six states, including about 3.2 million in North Carolina.

The North Carolina Utilities Commission has jurisdiction over the licensing of new generating plants operated by all electric utilities and over the construction of new electric transmission facilities that are 161 kilovolts and above in size. Investor-owned utilities operate within the jurisdiction of the commission, which oversees their rates and service practices. Cooperatives and municipal electric systems are regulated by their own local governing bodies.

Cooperatives pay all the taxes that investor-owned utilities pay, except income tax, because cooperatives are not-for-profit businesses.

The North Carolina Rural Electrification Authority, whose five members are appointed by the governor, reviews the cooperatives' federal loan applications and consumer comments.

## Electric utility service areas




## Publicly-owned electric systems

1. Albemarle
2. Apex
3. Ayden
4. Belhaven
5. Benson
6. Black Creek
7. Bostic
8. Cherryville
9. Clayton
10. Concord
11. Cornelius
12. Dallas
13. Drexel
14. Edenton
15. Elizabeth City
16. Enfield
17. Farmville
18. Fayetteville
19. Forest City
20. Fountain
21. Fremont
22. Gastonia
23. Granite Falls
24. Greenville
25. Hamilton
26. Hertford
27. High Point
28. Highlands
29. Hobgood
30. Hookerton
31. Huntersville
32. Kings Mountain
33. Kinston
34. LaGrange
35. Landis
36. Laurinburg
37. Lexington
38. Lincolnton
39. Louisburg
40. Lucama
41. Lumberton
42. Macclesfield
43. Maiden
44. Monroe
45. Morganton
46. Murphy
47. New Bern
48. Newton
49. Oak City
50. Pikeville
51. Pinetops
52. Pineville
53. Red Springs
54. Robersonville
55. Rocky Mount
56. Scotland Neck
57. Selma
58. Sharpsburg
59. Shelby
60. Smithfield
61. Southport
62. Stantonsburg
63. Statesville
64. Tarboro
65. Wake Forest
66. Walstonburg
67. Washington
68. Waynesville
69. Wilson
70. Windsor
71. Winterville
72. Lake Lure *generates power for Duke Energy.*
73. New River Light & Power *serves Appalachian State University and the city of Boone.*
74. Western Carolina University *serves the university.*
75. UNC-Greensboro *serves the university.*
76. N.C. State University *serves the university.*
77. UNC-Chapel Hill *serves the university.*
78. East Carolina University *serves the university.*
79. Elizabeth City State University *serves the university.*

# n North Carolina

## Investor-owned electric utilities

**Duke Energy Carolinas**

- Headquartered in Charlotte.
- Serves approximately 2.4 million accounts in central and western North Carolina and western South Carolina in a service area of approximately 24,000 square miles.

**Duke Energy Progress**

- Wholly-owned subsidiary of Duke Energy.
- Serves approximately 1.5 million accounts in central and eastern North Carolina, plus an area in and around Asheville and in northeastern South Carolina. The total service area is approximately 34,000 square miles.

**Dominion**

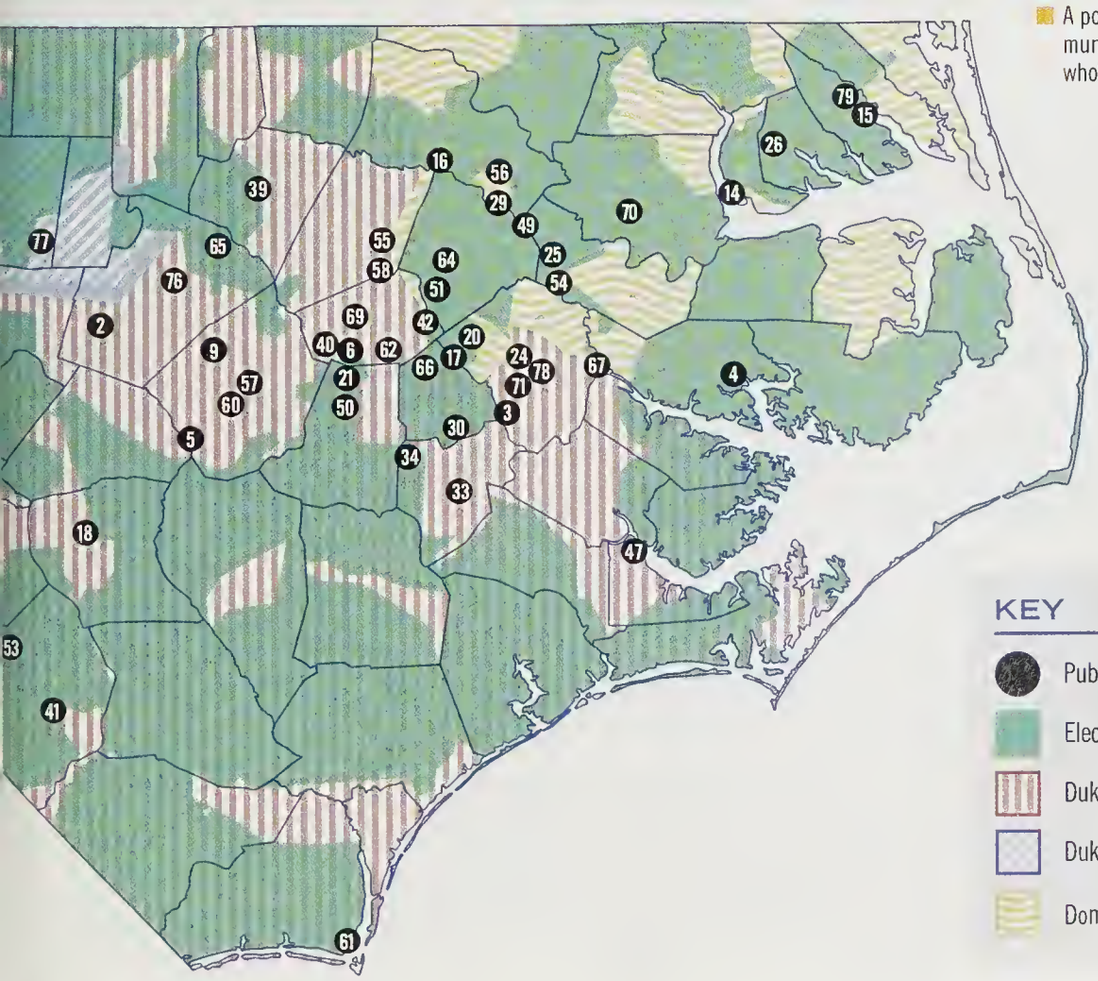
- Headquartered in Richmond. Operates in northeastern North Carolina as Dominion North Carolina Power.
- Serves approximately 120,000 North Carolina accounts.

## Electric cooperatives

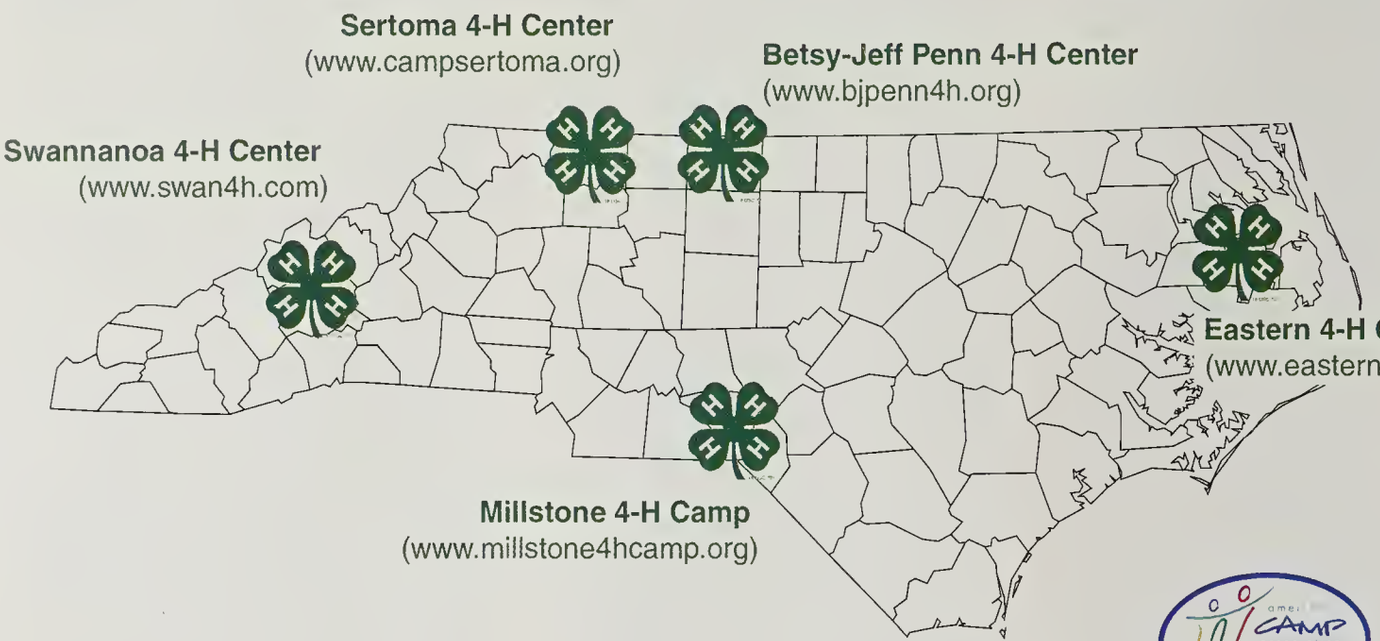
- Owned and governed by their members.
- Approximately 950,000 North Carolina homes, farms and businesses (approximately 2.5 million people) are served by 26 cooperatives (also known as electric membership corporations or EMCs). Their service areas extend to 93 of the state's 100 counties.
- 5 co-ops based in Virginia, Tennessee, Georgia and South Carolina serve border areas in North Carolina.
- 25 co-ops belong to the North Carolina Electric Membership Corporation, a generation and transmission cooperative that supplies its members with power primarily purchased from other utilities. NCEMC is one of the largest buyers of wholesale electric power in the nation and also owns a partial interest in the Catawba Nuclear Station in York County, S.C., two natural gas-fueled plants (in Anson and Richmond counties), and two diesel-powered generating facilities in Buxton and Ocracoke.
- All 26 N.C. co-ops belong to the North Carolina Association of Electric Cooperatives, a service association that performs services statewide, including publishing Carolina Country magazine.

## Publicly-owned utilities

- More than 70 municipally-owned electric systems serve approximately 500,000 North Carolina households and businesses.
- Six universities own and operate electric utilities that serve the campuses: East Carolina, Elizabeth City State, N.C. State, UNC-Chapel Hill, UNC-Greensboro and Western Carolina.
- New River Power & Light is a unit of Appalachian State University and serves the university and the town of Boone. New River buys its power from the Blue Ridge Electric cooperative.
- Most of these systems are members of ElectriCities, an umbrella non-profit organization that provides its member systems such services as training, member and government relations, communications and emergency assistance. ElectriCities also manages two municipal power agencies supplying wholesale electricity directly to 51 ElectriCities members and indirectly to another five members. These power agencies are North Carolina Municipal Power Agency Number 1, which has a partial interest in the Catawba Nuclear Station, and North Carolina Eastern Municipal Power Agency, which has partial interests in Duke Energy's Mayo and Roxboro fossil steam plants and Brunswick and Harris nuclear plants.
- A portion of the electric power for these municipally-owned systems is purchased wholesale from investor-owned utilities.



# North Carolina's 4-H Camps and Centers




## www.nc4h.org/centers

Programs and Centers are open to all youth (boys and girls) ages 6-17. Facilities are available for off-season use.

# What's the Catch?

## If you're looking for fresh, local seafood, NC Catch helps you find it

*By Hannah Miller*

Pleasant images of the fishing life have long been lodged in North Carolinians' brains—shrimp boats returning at sunset, tables groaning under loads of fresh-shucked native oysters.

But these days, due to a variety of factors including competition from imports, high fuel costs and restrictions on what's caught, the professional fisherman is practically an endangered species in North Carolina. In the years between 2000 and 2011, the number of commercial fishing licenses in use dropped one third, to 3,700, says North Carolina's Division of Marine Fisheries.

In the 1970s and 1980s, fishing was a good life "for a young man that wants to be on the water," says former fisherman Jon Haag of Oak Island. But more recently, says Haag, a Brunswick EMC member who sells what others catch through Haag & Sons Seafood, fishermen "have had a really difficult time trying to make a living."

In 2004, fishermen in Carteret County decided to fight back, joining with restaurant owners and seafood dealers in forming Carteret Catch to extol the merits of local seafood. Soon, other fishing communities followed suit, forming Brunswick Catch in Brunswick County and Outer Banks Catch in Tyrrell, Hyde, Currituck and Dare counties.

On Ocracoke Island, the Ocracoke Working Watermen's Association formed to establish and run a co-op fish house. Besides providing ice and dock space, the fish house is the site of wholesale sales under the Ocracoke Seafood name and retail sales of the Ocracoke Fresh brand.

The Catches had the help of electric cooperatives, the N.C. Department of Agriculture and Consumer Services, and the UNC-affiliated research and education organization Sea Grant.

On Ocracoke, says Tideland EMC member and watermen's association president David Hilton, "They (Tideland) were a wonderful corporate sponsor. Helped supply us a line of credit in case we needed it."

Grants from Brunswick EMC, one of the first corporate sponsors of Brunswick Catch, have helped fund a billboard/media campaign and Web coverage of the area's fishing heritage.

Last year, with help from the N.C. Rural Economic Development Center, the Catches formed an umbrella network, NC Catch.

*Brunswick EMC member Jason Lewis on his 23-foot "Sou'wester." His fish go to Nicky Varnam's Garland Seafood in Supply, except the dog sharks that he gives to research. (Susan Francy)*

*continued on page 14*

Brunswick EMC was one of the first corporate sponsors of Brunswick Catch.

"People are looking for fresh and local," says former shrimper Pam Morris, a founder of Carteret Catch. "They are health conscious, environmentally conscious."

The North Carolina product fits the bill in both variety and freshness, say those involved. Jon Haag estimates there are 150 to 175 species inshore and offshore.

On Ocracoke, says David Hilton, "in many instances what we have in retail was put on the dock that morning."

And in Nags Head, award-winning chef Bud Gruninger of Lone Cedar Cafe says that in his well-traveled 40-year career, he's never handled seafood "as quality and as good" as what he gets now.

### Truth in labeling

The problem, Carteret County people found, was a lack of labeling. People had no way of knowing whether what they were eating was locally caught or part of the 91 percent of US seafood that NOAA (National Oceanic and Atmospheric Administration) says is foreign imports. "They would see a shrimp boat tied up at the dock and (sometimes erroneously) assume the seafood they were getting here at the coast was local seafood," says Pam Morris.

The Catches educate the public through logos that participating restaurants put on their menus and fly on flags, through billboards and print advertisements, and at seafood festivals and other celebrations. "Ask where your fish comes from," they urge the public.

They also communicate through Facebook and lively Web pages offering recipes and tips on selecting fish.

### Extending the reach

As the Catches have brought local seafood front and center, various entrepreneurs have been extending its reach, geographically and in terms of products. Much of the catch historically has been trucked to northern cities. Now, some innovative fishermen and dealers are trying to move sales "west instead of north," says Dorothy Killingsworth, NC Catch executive director.

In the Raleigh-Durham-Chapel Hill area, students in Duke University's Nicholas Center for the Environment in 2009 joined with the fishing community in Carteret County to establish Walking Fish CSF (Community Supported Fishery). CSFs are patterned after CSAs (Community Supported Agriculture), with consumers paying an upfront fee for shares in the upcoming harvest.

"Walking Fish demonstrated that people will buy product if it's delivered…and will even pay a premium price for a good quality, fresh-caught product," says Sara Mirabilio, fisheries specialist with Sea Grant.

Now, the catch of 15 fishermen is delivered to communal drop-off points, where several hundred customers yearly get not only fish but a connection to the fishing life. Shareholders can even sign up for a crab pot and see it being emptied, courtesy of a video camera carried by the crabber.

A second CSF, Core Sound Seafood, formed in Carteret County in 2010 to sell in the same Triangle area. "We may send shrimp and flounder this week, blue fish and crabs next week," says Alison Willis, a member of Carteret-Craven Electric Cooperative who along with her husband, Eddie Willis, is one of the organizers. Affiliated fishermen get from 25 cents to $1 more per pound than if they were selling through a dealer, she says.

Delivery services that lack the shareholder aspect of CSFs have sprung up, and Haag, promoting the Brunswick Catch name, supplies several in the Triangle area that also sell North Carolina-grown produce and meat. Haag says that when he has to sell non-Brunswick Catch seafood, he buys from NC Catch members because his customers like the feeling of "greater accountability" that local fish provides.

The fine-dining restaurants and oyster bars of Charlotte, Raleigh and Atlanta are the destination for the oysters that James Morris Jr. painstakingly grows in floating cages on Harkers Island. The Carteret-Craven cooperative member says that his intensive farming for the half-shell market is "like growing tomatoes," with uniformly perfect oysters the goal. Hurricanes and other storms make it a risky business, he says, but the half-shell market pays double what wild oysters would bring.

Another market expansion is under way at Mattamuskeet Seafood in Swan Quarter, where Tideland EMC member Sherrie Carawan and her family have expanded from packing crabs and oysters for out-of-state markets to making Crabbers Choice crab cakes. They include country ham and sharp cheese and "everybody loves them," says Carawan. They're sold to the bear, deer and waterfowl hunters who flock to the area, and to retail outlets in Raleigh and on the Outer Banks.

### On the horizon?

At least one fisherman and Outer Banks Catch member, Dewey Hemilright of Kitty Hawk, thinks the Catches don't go far enough in presenting a picture of the fishing industry. They should, he says, "tactfully" warn about the consequences of problems like Oregon Inlet shoaling and what he sees as overregulation of catch.

Then, says Hemilright, who fishes for croaker, tuna and swordfish out of Wanchese, it won't come as a surprise "if all of a sudden you could lose your access to this seafood, and your other choice is tilapia."

On Oak Island, Haag admits that preserving livelihoods and the fishing heritage is tough. "It seems like it's dwindling as fast as we can keep up with it." Yet he knows that the marketing efforts are making a difference. "When people do go in (a restaurant or fish house), they ask what's caught here," he says.

*Carolina Country contributing writer Hannah Miller vacations each summer on North Carolina's coast and is especially fond of the local seafood at Southport's Fishy Fishy Café and Mr. P's Bistro.*

**Visit www.carolinacountry.com to see a photo gallery of North Carolina coastal fishing scenes.**

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www.brunswickcatch.com
www.carteretcatch.com
www.ocracokewatermen.org
www.outerbankscatch.com
www.nccatch.org

*The top photo won the People's Choice award for Craigen Davenport of Wanchese in the 2012 Outer Banks Catch contest.*

*The fisherman shot won first place in the "Fisherman" category of the 2012 Outer Banks Catch photo contest for Ray Midgett of Southern Shores.*

*Left photo: Brunswick EMC member Nicky Varnam owns Garland Seafood in Supply, a member of Brunswick Catch. (Susan Francy)*

*At last year's Southport Wooden Boat Show, Brunswick EMC member April Potter welcomes visitors aboard "Cape Point," the boat that she and her husband Royce shrimp from. They are members of Brunswick Catch, a sponsor of the show. (Hannah Miller)*

## WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 8 with your name, address and the name of your electric cooperative.

**Online:** www.carolinacountry.com

**By e-mail:** Where@carolinacountry.com

**Or by mail:** Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our June issue, will receive $25. To see the answer before you get your June magazine, go to "Where Is This?" on our website www.carolinacountry.com

### April winner

Many of you from all over the state recognized the April picture. It showed an unusual metal work at RagApple Lassie Vineyards and Winery, Boonville, Yadkin County. The piece represents the vineyard's namesake, an award-winning Holstein raised by winemaker Frank W. Hobson Jr. as a youth. Frank Jr. is of the third generation of Hobsons on the farm. The winning entry, chosen at random from all correct submissions, was from Jason Payne of Taylorsville, a member of EnergyUnited.

ADVERTISEMENT

# Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

**DEAR DORRIS:** I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.

I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

*Turkey Neck, High Point, NC*

**DEAR TURKEY-NECK:** In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®.** This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck.

**The Dermagist Neck Restoration Cream®** is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355.** Oh, I almost forgot… I was given a promo code when I placed my order that gave me **10% off.** The code was "**NCN9**". It's worth a try to see if it still work.

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# Replacing windows

***Consider use and appearance as well as the type of glass***

*by Jim Dulley*

It can be very difficult to sort through marketing hype from salespeople to make window decisions. Replacing windows is expensive, and usually energy efficiency should not be your only reason to purchase new ones. Other efforts will save more money, and you can also make existing windows more energy efficient. But if you truly need new windows, there are some considerations.

Selection not only depends on the efficiency characteristics of the window, but also on your specific house and family lifestyle. For example, you may want a view of a particular area outdoors or want springtime ventilation whereas your neighbor may keep their blinds closed and air-condition continuously.

The three main decision criteria for selecting replacement windows are glass type, window style and frame material. Regarding energy efficiency, the glass type and style of window are more important than frame material.

## Glass types

Because glass is most of the window, the type you choose is the key to its energy efficiency. Double pane glass with low-E (low-emissivity) coatings and inert gas in the gap between the panes is adequate for most climates. Triple pane glass may make sense for severely cold climates.

The location of the low-E coating on the various pane surfaces, often more than one, affects whether the glass is better for winter or summer savings. You may end up selecting different glass options for different windows in your house.

## Style of window

The proper style of window depends primarily on the appearance and features you desire, more than energy efficiency characteristics. For example, people often select double-hung windows because they can be tilted in for easy cleaning from indoors. But windows that close on a compression seal, such as casement and awning windows, tend to provide the best long-term air-tight seal.

## Frame materials

The four most common frame materials for residential windows are vinyl, fiberglass, wood, and clad wood. Each has its own advantages. Vinyl is energy efficient and virtually maintenance free. They also are made to the precise dimensions of the window opening instead of having to shim out standard sizes.

To attain adequate rigidity, the vinyl frame extrusions have many webs and chambers inside. These chambers create natural insulation. For greater R-value, several vinyl window manufacturers inject expanding foam insulation inside the chambers as the frame is assembled.

Always look for sash frames that have welded corners for strength. Because the outer window frame is screwed rigidly into the window opening framing, welded corners in it are not as important as with the sash frames. If you select vinyl frames for large windows, especially in hot climates, they should have steel reinforcement internally. When vinyl gets hot in the sun, it loses strength and rigidity.

Fiberglass frames are extremely strong and can be painted any color to match interior or exterior house colors. Because their primary component is glass, fiberglass frames expand and contract with temperature changes about the same rate as the glass panes to minimize stress..

*Double-hung windows have hidden latches that allow each sash to be tilted in for easy cleaning.*

When maintained, wood window frames have a very long life. Wood frames are also the most attractive. Their drawback is some regular maintenance is required for appearance and energy efficiency.

Exterior vinyl- or aluminum-clad wood frames greatly reduce the maintenance requirements. The natural wood can still be exposed on the indoor surface so they look like wood windows from indoors. Some vinyl and fiberglass frames are available with natural wood indoor cladding to provide the appearance of real wood frames.

*Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.*

**Resources**

Tips on style, including energy considerations: www.thehousedesigners.com/articles/selecting-the-right-window.asp

Shopping tips: energy.gov/energysaver/articles/tips-windows

Code requirements for new home construction and details on U-factor and SHGC: energy.gov/energysaver/articles/energy-efficient-windows

Window ratings from the National Fenestration Rating Council: www.nfrc.org/WindowRatings

# Refrigerators & energy

## *The real scoop on making your fridge more efficient*

*By Arnie Katz*

Have you heard the one about cleaning your refrigerator's coils every year in order to save on electricity use? The actual research on this shows the real savings to range from very little to non-existent. It certainly won't hurt anything to clean the coils, and it may save a little bit. If you had to pay someone $20 to do it, it's unlikely you'll get that back in energy savings.

Another common suggestion is to check the door gasket with a dollar bill. You close the refrigerator door on a dollar bill and try to pull it out. If it pulls out easily, the gasket isn't sealing well, cold air is leaking out of the fridge, and you're using excess electricity. This is all probably true as far as it goes, and it's common sense that you want the door to seal as well as possible. The problem is with the recommended solution, which is usually to replace the gasket. Depending upon the make and model of your fridge, door gaskets typically range between $50-100, and sometimes considerably more. They are not easy to install and can take a couple of hours. And, again, the research doesn't show significant energy savings from replacing them. If the gasket is seriously damaged, then it needs to be replaced; otherwise, it's not a high priority item.

*Cleaning your refrigerator's coils will get rid of unwanted dust, but it won't save you much on electricity.*

If your fridge is pretty old (pre-1992) then it's using much more electricity than a modern fridge and the saving might be higher. If it's pre-1980, it's using so much more electricity than new ones that you should consider replacing yours, even if the old one's still working. You'll probably save about $200 a year, so the new fridge will pay for itself in a few years.

There are some other things to consider. Do you have an icemaker and/or a cold-water dispenser in the fridge? These can increase energy consumption by a lot. If you can live without them, turn them off.

If you decide to get a new refrigerator, here are a few suggestions:

- Get one with the Energy Star label.
- Get the smallest one that will meet your needs.
- Side-by-side units use the most energy. Top freezer units usually use the least.

To save a few bucks without spending anything:

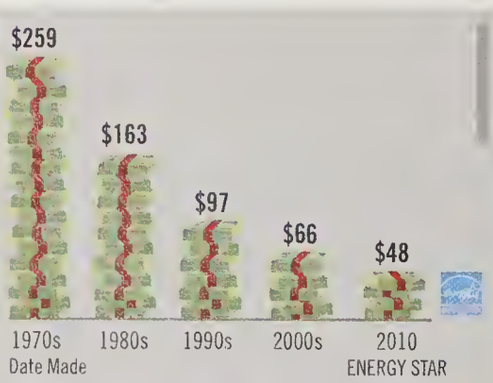
- Always use cold water in the ice trays. (No, it's NOT more efficient to use hot water.)
- If you're chilling water in your fridge, always fill the pitcher with COLD water from the tap.
- Thaw frozen food in the fridge instead of on the counter, if you have time. The frozen food will help keep the fridge cooler while it's defrosting.
- Don't put hot food into the fridge.
- Use a thermometer to check the temperature in the fridge and the freezer. Set the dials so the fridge stays at 40 degrees and the freezer at 0. Keeping them colder than this is a waste of your money.

It's a good idea to periodically clean behind the refrigerator, including carefully cleaning the fan blades and around the compressor. It might save a few dollars worth of electricity, and more importantly, might extend the life of the fridge. But don't lose any sleep over losing lots of money because you haven't cleaned the coils.

*Arnie Katz is the former building science consultant for Advanced Energy in Raleigh. www.advancedenergy.org*

### The Cost of Cool Food

If your fridge dates from the 1980s, you could save more than **$100** each year by replacing it with an ENERGY STAR qualified model. Compare the average annual electricity costs for refrigerators manufactured in the following years:




*Source: U.S. Department of Energy*

# Comeback for energy tax credits

## *Incentives are extended for home efficiency upgrades*

*By Megan McKoy-Noe*

Ready to boost your home's energy efficiency without breaking the bank? The American Taxpayer Relief Act of 2012 revived energy efficiency tax credits to the tune of $500.

The credit offsets the cost of upgrades such as super-efficient water heaters and furnaces, boilers, heat pumps, central air conditioners, building insulation, windows and roofs.

This marks the third extension of the incentive initiated by the federal Energy Policy Act of 2005. The last round expired in 2011; the new legislation covers 2012 upgrades along with projects undertaken in 2013. There's a lifetime cap of $500, so if you've already received an energy tax credit, unfortunately you're out of luck for another one.

Here are a few ways to lower your electric bill and save at tax time.

*Installing a high efficiency heat pump water heater can earn you a tax credit.*

### Insulating factors

Recoup up to 10 percent of the cost of upgrading a home's envelope. The tax credit is capped at $500 for all improvements; labor costs are not covered. Eligible upgrades are:

- Insulation materials
- Systems designed to reduce a home's heat loss/gain
- Exterior doors
- Skylights and windows ($200 maximum for upgrades between 2006–2013)
- Qualifying metal or asphalt roofs

### Heating and cooling

Replacing your home's heating or cooling system? You could qualify for a tax credit ranging from $50 to $500 for units put in place between Jan. 1, 2012, and Dec. 31, 2013. Eligible improvements are:

- High-efficiency water heaters (energy factor of at least 0.82 or thermal efficiency of at least 90 percent; $300 cap)
- Electric heat pump water heaters with an energy factor of at least 2.0 ($300 cap)
- Advanced main air circulating fan ($50 cap)
- Qualifying central air conditioner ($300 cap)
- Biomass stove (select fuels; $300 cap)

### Tax credit basics

Energy tax credits are non-refundable—they can increase your refund by reducing the taxes you owe, dollar for dollar, and can be carried forward to reduce taxes in following years. You don't get a separate check for the credit amount.

File for energy tax credits with IRS Form 5695. Be sure to keep a Manufacturer Certification Statement (a signed statement from the manufacturer certifying that the product or component qualifies for the tax credit) for your records. Eligible upgrades must be made to a taxpayer's primary residence by Dec. 31, 2013.

Full details on qualifying upgrades and individual caps are at www.energystar.gov/taxcredits.

**Local rebate locator**

Some states, including North Carolina, offer further subsidies or rebates for efficiency projects. For a complete list of federal, state, and local energy efficiency assistance, visit the Database of State Incentives for Renewables and Efficiency at www.dsireusa.org.

*Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.*

*Sources: Database of State Incentives for Renewables and Efficiency, Tax Incentives Assistance Project*

Eligible upgrades must be made to a taxpayer's primary residence by Dec. 31, 2013.

# Alternatives to carpet

***New products made from wool, seagrass and recycled materials last long and are earth-friendly***

Modern day carpets, in all their plush and stain-resistant glory, are wonders of technology and help make our homes and workplaces more comfortable. But the typical carpet, made from petroleum-based synthetic fibers, contains dozens of chemicals and gases, including volatile organic compounds (VOCs) and other potential toxins. They can compromise indoor air quality for years on end and cause reactions in the sensitive among us, including little ones and the elderly.

There are green options when it comes to carpeting and alternative floor coverings. Green Depot—the nation's leading supplier of environmentally friendly building products, services and home solutions with 13 retail stores nationwide—sells a lot of wool carpeting, which is typically all-natural, renewable and is the most logical option for those who want the look and feel of real carpet without the chemical impact. Wool carpeting is pricier than synthetic, but if you want peace-of-mind you may not mind paying a premium. Some leading makers of all-natural wool carpeting include Bloomsburg, Earth Weave, Helios, Natural Home and Woolshire. Wool is also a great material for rug pads, because it dampens sound, inhibits mold and provides insulation. Green Depot's favorite is Whisper Wool Underlayment.

Some other choices in all-natural carpet include sisal, coir and seagrass—though these all-natural materials tend to be harder than traditional carpeting and as such might take some getting used to underfoot. Contempo Floor Coverings is one of the leaders in this up-and-coming segment of the flooring industry.

Another green option is carpet tiles, because small sections rather than entire carpets can be replaced when stains or other problems occur. One particularly green carpet tile manufacturer is FLOR, whose products are made with renewable, recycled and recyclable content. The company also takes back its old carpet tiles for recycling and reconstitution into new recycled fibers and backing materials. FLOR's products use some synthetic materials, but most styles meet or exceed the Carpet and Rug Institute's "Green Label Plus" standards for low VOCs.

Greenfloors.com offers yet another option for synthetic carpeting made from recycled and recyclable materials, while Mohawk's Aladdin carpet is made from recycled PET soda bottles.

*Cork flooring is cushy and can "warm up" kitchen and bathroom floors.*

## Cork

While carpeting in one form or another is no doubt the softest option, cork flooring is also warm and somewhat cushy. Cork is inherently green because it's made from the bark of the cork oak tree, which grows back every three years with little to no fertilizer or pesticides needed. It's also resistant to mildews, molds and other unwelcome microbes. Cork flooring is also a nice choice to "warm up" kitchen and bathroom floors. U.S. Floors offers a wide variety of cork and other sustainable flooring options.

Of course, keeping tidy is also key to a healthy indoor environment: Frequent vacuuming of rugs and cleaning of flooring can help reduce exposure to toxins like lead and pesticides that can be tracked in from outside. Using doormats and removing shoes when coming inside can also help mitigate such risks.

**Resources:** Green Depot, www.greendepot.com; FLOR, www.flor.com; The Carpet and Rug Institute, www.carpet-rug.org; Greenfloors.com, www.greenfloors.com; U.S. Floors, www.usfloorsllc.com.

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# Swimming in savings

## *More efficient pumps can cut pool operating costs*

*By Brian Sloboda*

Swimming pools and hot tubs are fun toys that add to your electric bill. High electric bills are not inevitable, however. A number of relatively simple changes can cut operating costs by half or more.

At about $400 per year, the typical residential in-ground pool can account for one-quarter of a household's annual utility bill. Hot tubs cost just a bit less to operate—about $300 per year. Electricity for above-ground pools runs about $100 per year.

Most pool energy goes to power the circulating pump, with much smaller amounts needed for cleaning and water treatment. In heated pools, energy use varies widely depending on climate and use patterns. The most common heat source is natural gas, followed by propane and electric resistance systems. Solar heating and electric heat pumps are gaining ground as high-efficiency options but are still not widely used.

Most pools rely on a single-speed, 1.5- to 2-hp pump that runs at full speed for eight hours a day or more. More efficient options include:

- **Replace existing single-speed pump with high-efficiency single-speed pump.** High-efficiency pumps use 8 percent to 10 percent less energy and are only marginally more expensive than standard pool pumps—about $10 to $20 above the normal pump cost of $350.
- **Replace existing single-speed pump with two-speed pump.** Two-speed pumps can run at two speeds and are more efficient because they don't go "full throttle" all of the time. By running at a lower speed for 16 hours per day, you can save 60 percent to 70 percent on electric bills. A two-speed pump will cost an extra $100 to $150.
- **Replace existing pump with variable-speed pump.** The most efficient pumps can vary speed—and therefore electricity consumption—with the required workload. Although a variable speed pump will cost about $650 more than a basic pump, it saves the most energy by far—nearly 90 percent—and offers the greatest operational flexibility. Price and availability should improve over the next few years.
- **Downsize pump.** Most pools are designed with an unnecessarily large pump. Going from a 1.5-hp or 2-hp down to a 0.75-hp or 1-hp model can reduce pumping energy by half or more, often with no loss of performance.

*If your pool equipment is aging, investing in new, high-efficiency parts can save on your electric bill.*

In addition to replacing a pump, other measures to consider are:

- **Use a bigger filter.** An oversized filter will result in less pressure loss on the pumping system, enabling greater water flow with less energy. The larger filter will also last longer.
- **Use bigger pipes** (typically, 2 inches in diameter instead of 1.5 inches) and large-radius elbows. Making the flow path smoother and wider reduces pressure loss and pumping power.
- **Control pump run time.** Depending on your filtering system and amount of pool use, it may be possible to save a significant fraction of pumping energy just by running the pump less. The normal target is to cycle the pool's volume through the filter one or two times per day. Try fewer hours and see if the pool still is acceptably clean. Although this no-cost measure is appealing, it will not save as much money and energy in the long run as replacing an inefficient pump with an efficient, two-speed or variable-speed pump.

### Hot tubs

Above-ground hot tubs are packaged appliances and generally cannot be modified for energy efficiency. But you can try to minimize energy use by:

- Keeping the cover on.
- Reducing water temperature, especially if you won't be using the tub for several days.
- Reducing the circulation pump run time, depending on use. Pump programmability varies with manufacturer.

*Brian Sloboda is senior program manager specializing in distribution operations and energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.*

# Not your mom's chlorine bleach

## *From patios to laundry to teeth, oxygen bleach cleans naturally and safely*

*By Carole Howell*

If you're familiar with hydrogen peroxide, that liquid you keep in your medicine cabinet to clean cuts, you've heard of oxygen bleach.

While I've used chlorine bleach for years for disinfecting and removing stains, I'm now learning that oxygen bleach can accomplish many more tasks in a gentler, safer, and in a more environmentally friendly way.

"Oxygen bleach is not chlorine-based at all," says Bruce Vance, owner of Town and Country Services, a commercial cleaning company in Chapel Hill, and an instructor at the Institute for Service Excellence in Charleston, S.C. He often uses and recommends oxygen bleach because it's the best combination of stain and odor removal available without harsh chemicals.

There are at least three types of oxygen bleach, Vance says: hydrogen peroxide, sodium percarbonate, and sodium perborate. In each case they release free oxygen that reacts to bind to organic molecules and break them apart.

That's why as a laundry additive, oxygen bleach does a good job on grease, grass stains and food. While chlorine bleach will remove the color from a garment and eventually weaken fabric, oxygen bleach is color and fabric safe and has actually has been used in commercial laundries for years as a de-staining additive.

As a multi-purpose cleaner, it can be used to clean and deodorize kitchen and bathroom surfaces, eliminating the need for many different cleaning products.

"Oxygen bleach does a good job taking the gray out of untreated wooden decks and for whitening grout," says Vance. "It's also good for removing algae and mildew from wood and vinyl siding. It's excellent for removing pet stains and urine odors."

And of course, swishing a capful of 3 percent hydrogen peroxide in your mouth can help cure mouth sores and whiten teeth. It's a common ingredient in whitening toothpaste.

*Oxygen bleach can whiten grout and take the gray out of untreated wooden decks.*

Made from natural ingredients, hydrogen peroxide has no odor and leaves no residue except water. The granulated types of oxygen bleach may leave a small amount of powder residue that requires thorough rinsing, especially on carpets. Unlike chlorine, it can more safely be mixed or used with other household cleaners, and is not harmful to children, pets and plants.

I tried oxygen bleach on my deck, but I wasn't too thrilled with the results. In fact, there was no visible difference at all.

"Almost no one is following labeling directions anymore," says Vance.

One of my mistakes was not using hot water to dissolve the granular powder. Vance stresses that following the label instructions is vital for choosing the right type of bleach in the right concentration for your job and handling the product safely for the best outcome.

Since oxygen bleach is an oxidizer, you should not use it on materials that can be damaged by oxidation. For example, rust is the oxidation of iron. Vance recommends that if you are unsure, test in an inconspicuous area to make sure the product is right for that surface.

My second mistake was trying to use the pressure sprayer I generally use for spreading herbicide.

"Just remember that when oxygen bleach is mixed with water, it begins to react and generate oxygen," explains Vance. Apparently, if I had mixed the solution properly, my sprayer could have exploded. For outside use, Vance recommends using a mop or handled brush to apply the solution and rinsing with a garden hose. Cleaning preparations using sodium percarbonate work well with a surfactant (detergent) to increase penetration.

The granular form of oxygen bleach, sodium percarbonate for cleaning decks and siding, is available at hardware stores and home centers as well as online at very reasonable prices. Products for laundry and household cleaning are available at grocery and variety stores.

Now that I know more about oxygen bleach, I'm going to try again. I can barely wait to see the results of this versatile and natural cleaner.

*Carole Howell is a writer in Lincolnton and a member of Rutherford EMC. Visit her website at www.walkerbranchwrites.com*

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## *50 Years later the 1964 Silver Proof Set still shines bright*

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By January 11th, 1964, the Mint was forced to halt orders for the 1964 Silver Proof Set, and eventually had to reduce the original maximum order of 100 Proof Sets down to just 2 sets per buyer in the face of such staggering demand. Finally, on March 12, even the limit of 2 sets was halted because the Mint received orders for 200,000 Proof Sets in just two days!

Fifty years later, the 1964 Silver Proof Set is still in great demand.

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Collectors know that the key is to find those sets still preserved in the original U.S. Mint "flat pack" just as issued. And over the past 50 years, that has become more and more difficult! Since this set was issued, silver prices have risen from $1.29 per ounce to over $48 per ounce at the silver market's high mark. During that climb, it is impossible to determine how many of these 1964 Proof Sets have been melted for their precious silver content. The packaging on thousands of other sets has been cut apart to remove the silver coins—so there is no way to know for certain how many 1964 U.S. Proof Sets have survived to this day.

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# Sun-dried Laundry

## Returning to those sunny days when we let our clothes out to dry

*By Donna Campbell Smith*

Mama's washing machine was the old wringer type. I don't really know how it worked, but it involved hoses for filling from the bathtub and draining into the bathtub. I seem to remember clothes soaking in the bathtub, too. Probably those were the whites that needed bleach or bluing. While she did the laundry, Mama banned me from the bathroom, fearing I would put a finger into the wringer or some such horrible accident.

But I remember very well how the solar dryer operated. One of my chores when I was a little girl was to help Mama bring the clothes in from the clothesline. Mama took down the big things like sheets and long pants. Then she moved the "clothesline stick" to lower the smaller clothes to my reach. The clothesline stick measured one-by-two inches, about six feet long, and was notched at one end. A forked tree branch worked just as well. The weight of the wet clothes made the line sag in the middle. You fit the notch to the line and pushed the stick forward until it raised the sagging line high enough to keep sheets and long clothes off the ground.

Mama taught me how to put clothespins in the pin bag that hung on the clothesline and to shake off ants that sometimes marched in a line across clean clothes. I learned to fold the clothes before putting them in the basket to keep them from wrinkling. (There were no permanent press fabrics then.) Mama sprinkled the clothes and stored them in the refrigerator until she did the ironing the next day.

Once I was tall enough, Mama assigned me to hang and bring in the sun-dried clothes all by myself. The clothesline was also an interesting place for a little girl to play. My imagination turned the billowing sheets and towels into ship's sails or walls of my imaginary house. A blanket or quilt hanging across the line, half on one side and half on the other, provided good cover in a game of hide-and-seek or became a teepee. Just as often, I was shooed away from playing in the clean clothes with my grubby little mudpie-making hands.

I was fascinated by the "mosquito hawks" that lit on the line, sometimes a half dozen at a time. You may know them better as dragonflies, but Mama called them "mosquito hawks." She told me that they were good insects, because they ate mosquitoes. With their iridescent wings, nodding heads and big bulging eyes, dragonflies became my favorite bug. I learned to catch them to get a closer look, holding them by a pair of transparent wings in each of my hands, feeling them flutter in my fingers, and then letting them go. Here is a little piece of advice on catching dragonflies: Never catch them by the tail. If you do, the dragonfly will curl its long body to reach your finger and bite you. I learned that by experience.

As I got older, I began thinking of bringing in the laundry as work and turned to disliking it. Fortunately, as my infatuation with the clothesline waned, a "Laundromat" came to our hometown. Mama got rid of the old wringer washing machine and took our laundry to Mr. Allen's Laundromat. There she dropped coins in the slots of

the automatic washing machines and electric clothes dryers to do our laundry. She brought extra coins for the snack and drink machines.

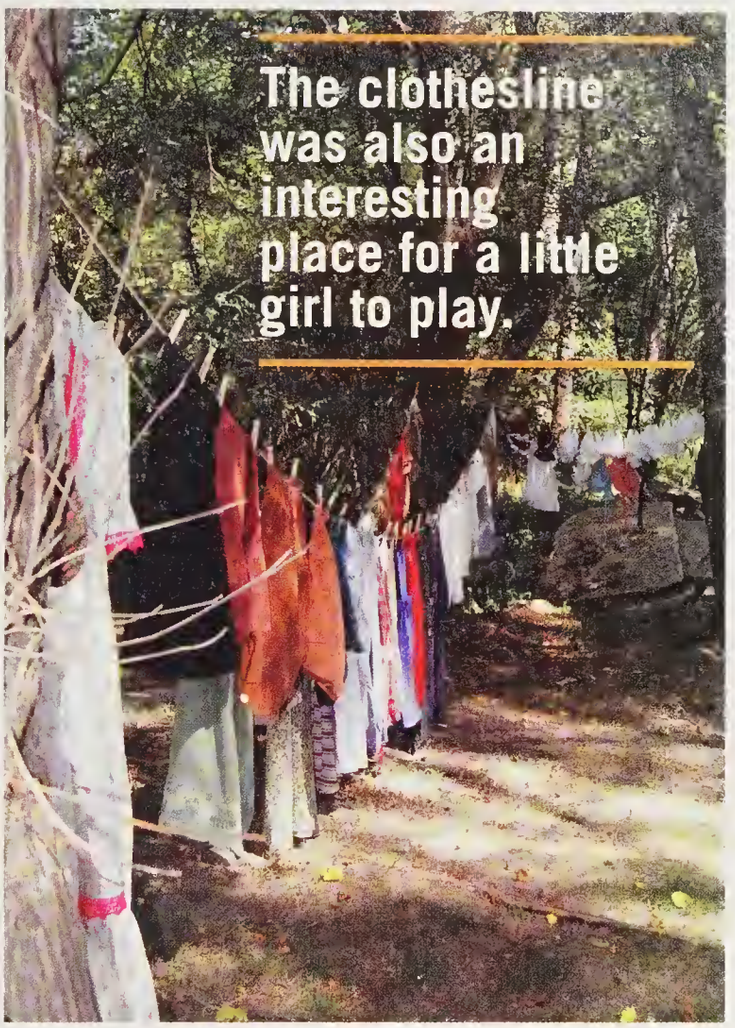
I didn't hang or bring in laundry again until I was a young married girl. We bought a used washer, but could not afford a dryer. Once again I made the trips back and forth to the clothesline, letting the sun dry our clothes for free.

Besides saving energy and money, drying on the line causes less wear and tear on clothes than tumbling them in a hot dryer. The sun serves as a natural antibacterial agent, further sanitizing the laundry. And you are out there getting vitamin D from the sun, exercise from walking and hanging the clothes, and the joy of being outside close to nature.

Today, unfortunately, some neighborhoods consider clotheslines an eyesore. Before you install a solar-powered clothes dryer, be sure your homeowners association permits it. There is a movement to outlaw bans on clotheslines, as we become more environmentally aware. Several states have passed laws barring a neighborhood from banning clotheslines. North Carolina does have a solar access law that protects a homeowner's right to use the sun's energy, but it doesn't specifically protect clotheslines.

Yes, I have an electric clothes dryer. With a five-person household, I really do not want to go back to the "good old days." But I live in the country and do have a clothesline in my backyard. I think I'll start hanging out the linens just for old time's sake.

*Donna Campbell Smith lives in Franklin County.*



# A Mother's Day Memory

By Letha Mae Humphrey

My Mama, Elizabeth Madeline, was 11 here inside this picture. She is with her mother, Eliza Jane Foy Jarman, who was 25. I wish we could have known our Grandmama.

Grandmama's dad, Jesse Foy, owned this old Model T Ford. Mama guessed he had a camp in the woods where they visited.

Mama never had a good life, only tragedies. Her dad gave her up to her grandparents to raise her. She told me she only got to be with her mom on vacations like Mother's Day.

Grandmama did not have it easy either. She started having epilepsy when she was 5 or 6. She jumped in the fireplace and burned her face and had her eye bandaged up. Grandmama had to have someone attend her spasms by placing a spoon in her mouth 'til they would pass.

Grandmama was 14 when my mom was born, all 10 pounds of her. Mama was the only child after she got on her baby brother and smothered him by accident. Being so sick, Grandmama died when Mama was 21. Both of them had a tough life.

Our mom had a great wood stove, and she cooked on it. The foods were much better slow cooked. She had a warming closet at the top and a reservoir for boiling water to wash the dishes. She baked biscuits and cakes and cookies in the oven. We kept stove wood that Daddy cut.

My Aunt Emma from around Browntown, Snow Hill, had a wood stove, too, with a warming closet. She had an old ringer type washing machine and rinse tubs. She made her own lye soap. She had an old calendar from way back yonder with Coke Cola and women on it.

We did not have snacks to munch on, like the Ingalls had. We had to wait for dinner and supper, and most of the time it was parboiled, like greens and boiled potatoes and boiled meats. Coffee smelled up the whole house when it was boiling. It was awesome to smell. I had to sneak coffee, if I got any at all.

Times were hard and money was hard to come by. But we had lamps. When our current went out, it was fun 'til we got thirsty.

Daddy chopped all the wood. We dragged long trees up out of the woods when it snowed. Our Daddy never came in to warm himself at all, like Charles Ingalls, 'til he quit cutting. We'd go in the woods when drizzling rain and ice would be hitting our little faces and turn them red. We wrapped our heads up with pillow cases and scarves if we had any. Mama sat to the fire with our smaller siblings. Our little hands were cold, and all we had to wear were socks. We held them over our heater, like Laura and Mary Ingalls would do, to thaw them up by blowing on them.

## For Mama

Mama, I love you for just being there for me, doing for me when I couldn't. I'd buy you the world, but I can't. I wish I could give you a mansion all of your own and a white picket fence with red roses. I give you my love, my strength, my all as long as you'll let me. You never had much except a man that would walk five miles for you and us nine young'ns. And it was a hard way to go. But you'd never change it for love or money.

*Letha Mae Humphrey writes to us regularly from Greene County. She and her husband, Julian, have been members of Pitt & Greene EMC for 48 years. She recently has been battling cancer, but reports that her last PET scan found her cancer-free.*

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*BAKALAR, NICHOLAS. "Watch Your Step While Washing Up." New York Times 6 Aug. 2011, New York Edition ed., Section D sec.: D7. Web. **CDC - Center for Disease Control and Prevention

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LOT NO. 68169/ 67616/60495

SAVE 50%

Item 68169 shown

$24.99 REG. PRICE $49.99

14448834

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SUPER COUPON!

## 3 PIECE DECORATIVE SOLAR LED LIGHTS

Item 95588 shown

LOT NO. 95588/ 69462/60561

One Stop GARDENS

SAVE 66%

$9.99 REG. PRICE $29.99

Includes three AA NiCd rechargeable batteries (one for each fixture).

47515867

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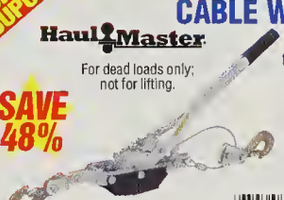
SUPER COUPON!

## 4000 LB. CAPACITY CABLE WINCH PULLER

Haul Master

For dead loads only; not for lifting.



Item 30329 shown

LOT NO. 30329/69854

SAVE 48%

$12.99 REG. PRICE $24.99

17545530

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SUPER COUPON!

## 10" SLIDING COMPOUND MITER SAW

SAVE $70

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 98199

$79.99 REG. PRICE $149.99

65878599

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SUPER COUPON!

SAVE $90

NEW!

## 800 RATED WATTS/ 900 MAX. WATTS PORTABLE GENERATOR

LOT NO. 66619/ 60338/69381

STORM CAT

$89.99 REG. PRICE $179.99

Item 69381 shown

23309205

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SUPER COUPON!

PITTSBURGH AUTOMOTIVE

SAVE $80

## RAPID PUMP® 3 TON HEAVY DUTY STEEL FLOOR JACK

Item 68048 shown

$69.99 REG. PRICE $149.99

LOT NO. 68048/ 69227

WEIGHS 74 LBS.

23760823

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SUPER COUPON!

Bunker Hill Security

SAVE 28%

## 36 LED SOLAR SECURITY LIGHT

LOT NO. 98085/ 69644/69890/60498

Item 69644 shown

Includes 3.2V, 600 mAh Li-ion battery pack.

$17.99 REG. PRICE $24.99

14783365

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SUPER COUPON!

CHICAGO ELECTRIC POWER TOOLS

## 14" ELECTRIC CHAIN SAW

LOT NO. 67255

$44.99 REG. PRICE $74.99

SAVE 40%

96908452

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SUPER COUPON!

## MULTI-USE TRANSFER PUMP

PITTSBURGH AUTOMOTIVE

LOT NO. 66418/61364

Item 66418 shown

SAVE 64%

$4.99

REG. PRICE $13.99

39098976

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SUPER COUPON!

## 12" RATCHET BAR CLAMP/SPREADER

PITTSBURGH

LOT NO. 46807/68975/69222/69221

Item 46807 shown

SAVE 66%

$1.99

REG. PRICE $5.99

30206604

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SUPER COUPON!

CHICAGO ELECTRIC WELDING

## 90 AMP FLUX WIRE WELDER

LOT NO. 68887/61207

Item 68887 shown

SAVE $60

$89.99

REG. PRICE $149.99

NO GAS REQUIRED!

30279713

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SUPER COUPON!

## 3 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL STEP DRILLS

drill master

LOT NO. 91616/69087/60379

Item 91616 shown

SAVE 60%

$7.99 REG. PRICE $19.99

42436073

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SUPER COUPON!

## 3-IN-1 JUMP-STARTER AND POWER SUPPLY

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 38391/60657

Item 38391 shown

SAVE 40%

900 PEAK AMPS

$35.99

REG. PRICE $59.99

33503372

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SUPER COUPON!

## 1-1/2" CAPACITY 14 AMP CHIPPER SHREDDER

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 66910/69293

Item 69293 shown

SAVE $60

$129.99

REG. PRICE $189.99

86246896

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SUPER COUPON!

PACIFICHYDROSTAR

## 1500 PSI PRESSURE WASHER

LOT NO. 68333/69488

Item 68333 shown

SAVE $50

$79.99 REG. PRICE $129.99

68119405

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SUPER COUPON!

## 18 PIECE T-HANDLE BALL POINT AND HEX KEY WRENCH SET

PITTSBURGH

LOT NO. 96645

SAVE 33%

$11.99

REG. PRICE $17.99

72553509

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SUPER COUPON!

CEN-TECH

## NON-CONTACT INFRARED THERMOMETER WITH LASER TARGETING

LOT NO. 96451/69465/60725

Requires two AAA batteries (sold separately).

Item 69465 shown

SAVE 58%

$24.99

REG. PRICE $59.99

42936436

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SUPER COUPON!

PITTSBURGH

## 6" DIGITAL CALIPER

LOT NO. 47257/61230

Item 47257 shown

SAVE 66%

$9.99 REG. PRICE $29.99

Includes two 1.5V button cell batteries.

47864822

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SUPER COUPON!

THUNDERBOLT solar

## 45 WATT SOLAR PANEL KIT

LOT NO. 68751/90599

Item 68751 shown

SAVE $110

$139.99

REG. PRICE $249.99

78797325

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SUPER COUPON!

## 16" x 30" STEEL SERVICE CART

US GENERAL

LOT NO. 5107/60390

Item 5107 shown

220 LB. CAPACITY

SAVE 37%

$27.99

REG. PRICE $44.99

30992848

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SUPER COUPON!

CENTRAL MACHINERY

## 5 SPEED DRILL PRESS

LOT NO. 38119/44506/60238

Item 38119 shown

SAVE 44%

$49.99

REG. PRICE $89.99

25507049

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SUPER COUPON!

CENTRAL PNEUMATIC

## 12 VOLT, 250 PSI AIR COMPRESSOR

LOT NO. 4077

SAVE 59%

$5.29

REG. PRICE $12.99

58888989

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SUPER COUPON!

LOT NO. 96289

drill master

## 1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

SAVE 60%

$7.99 REG. PRICE $19.99

27520652

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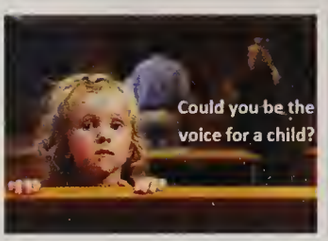
## The new N.C. honey label

The North Carolina State Beekeepers Association's new label certifies that honey meets quality standards. To qualify, honey must be pure and unadulterated.If the producer says it's produced locally, that must be true. If the honey is promoted as coming from a specific floral source, at least 51 percent of the identifiable pollen in the honey must be from the floral source.

"When you see this label, you will know it is good honey and pure," said Danny Jaynes, association president. The association defines honey as the natural, sweet substance produced by honeybees from the nectar of plants. U.S. beekeepers produce about 150 million pounds of honey each year, but demand is much greater. Jaynes says imports provide a strong incentive for brokers to cut corners.

www.ncbeekeepers.org

## Advocates for children



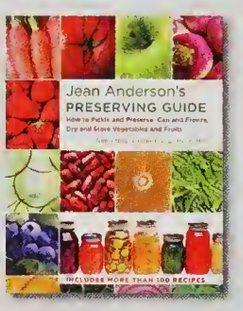

More than 1,500 abused and neglected children in North Carolina go to court without someone to advocate just for them. Could you be a child's advocate in court? Could you speak up for their best interests? Could you work side by side with an attorney? Could you join 5,100 other volunteers in the state to say "I am for the child"?

If so, consider becoming a Guardian ad Litem advocate. A Guardian ad Litem advocate is a trained community volunteer who is appointed, along with a Guardian ad Litem attorney, by a district court judge to investigate and determine the needs of abused and neglected children petitioned into the court system by the Department of Social Services. Their role is mandated by the North Carolina court system.

(800) 982-4041.
www.nccourts.org/Citizens/GAL

# on the bookshelf

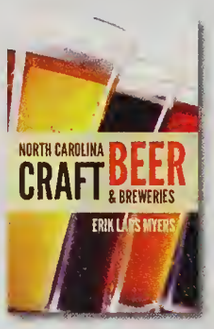
## Jean Anderson's Preserving Guide




This classic guide, born of the back-to-the-land movement, offers a new author introduction and teaches you how to enjoy nature's bounty and save money year-round. There are step-by-step instructions on how to pickle and preserve, can and freeze, and dry and store food. Author Jean Anderson, who lives in Chapel Hill, explains which fruits and vegetables are best for canning, freezing and pickling. She tells how to insure food safety. And "Jean Anderson's Preserving Guide" also dishes up more than 100 original recipes—for such classics as piccalilli and corn relish and more adventurous fare like caponata, frozen pasta sauce, and carrot marmalade. Published by University of Chapel Hill Press. Hardcover, 237 pages, 7 line drawings, $24; or e-book, $24.

(800) 848-6224
www.uncpress.unc.edu

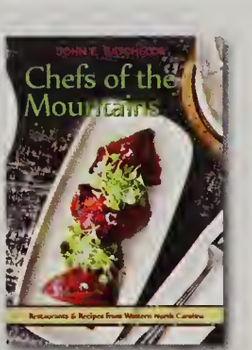
## Craft Beer & Breweries




Going beyond a local guidebook, "North Carolina Craft Beer & Breweries" profiles 45 brewpubs and breweries statewide, providing location and contact information, tour times and hours of operation, and the breweries' regular lineups of beers and seasonal releases. Author and brewer Erik Lars Myers of Durham also relates each brewery's story, showing the vision of its founders and how it offers something different or unique. The book contains a glossary of beer-related terms, a beer-styles reference guide, and an introduction to craft beer and how it is made. It also includes a history and timeline of beer and brewing in North Carolina from colonial days (when beer was not widely made, due to the warm climate) through Prohibition to the present. Sidebars about festivals, bottle shops and other beer-related features—like hop farms, cideries and meaderies—show how craft beer is a growing and thriving industry in North Carolina. Softcover, 285 pages, $16.95; or e-book, $7.99.

(800) 222-9796
www.blairpub.com

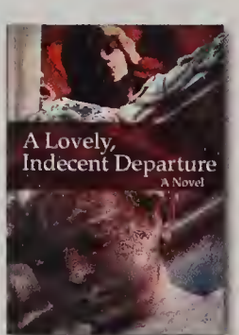
## Chefs Of The Mountains




Restaurant reviewer and food critic John Batchelor profiles more than 40 well-established and up-and-coming chefs in western North Carolina to help you find and enjoy the region's culinary gems. Drawing from personal interviews, Batchelor reveals each chef's cooking philosophy, influences and personality. Each profile also includes a description of the restaurant, its ambience and sample menu items, color photographs of the chef and restaurant, and food recipes from each chef—such as Fried Green Tomatoes, Chocolate Steak, Prosciutto-Stuffed Pork Chops, Grilled Bison, Cornmeal-Crusted Trout, Jicama-Crusted Mahi-Mahi, Blueberry Semi Freddo, and Avocado-Jalapeno Ice Cream—formatted and tested for home cooks. Sidebars offer information about farms (mostly organic) that sell vegetables and meats to the public and recount stories of people who gave up successful careers to return to the land. Softcover, 338 pages, $19.95; or e-book, $9.99.

(800) 222-9796
www.blairpub.com

## A Lovely, Indecent Departure




Anna Miller wants to keep her son, and she will do anything to keep him. When a court awards custody to his mean-spirited father, she abducts the 5-year-old, flies to Italy and disappears into her native homeland. The boy's father launches an investigation and as he comes closer to finding Anna, his true nature is revealed and the question of what's in the child's best interest becomes not so clear anymore. Author Steven Lee Gilbert explores themes of self-discovery and the search for self-worth as well as deeper custody issues in this literary thriller. Gilbert, who lives in Wake Forest, is a member of Wake EMC. Softcover, 274 pages, $10.95; or e-book, $4.99.

www.stevenleegilbert.com

## Uncle Jessie's fishing lure

Established in 1999, this lure has become a go-to favorite to catch white perch. Even better, although Uncle Jessie's lure was designed specifically for white perch, it will actually catch a variety of fish. It has received North Carolina Citation awards for white perch, bream and brown trout. The lure has plenty of weight and flash and can be thrown on spinning or bait casting gear. You can purchase them through the website or you can call longtime angler Chris Morris, an Albemarle member who lives in Tyner. $4 each.

(252) 221-8448
www.IzorlineEast.com

## Venus Fly Trap System

Haywood EMC member Al Hill is a distributor of the Venus Fly Trap System, a natural way to discourage all types of nuisance flies from bothering you. The system uses a minimum-risk bait, made from natural food-grade products, to attract and destroy black flies, deer flies, horse flies and more. It hangs five feet from the ground and is environmentally safe. It's effective year-round for up to a radius of 300-foot radius. Safe around barns and breeding pens, kennels, livestock and trash areas. $19.99 each.

(239) 994-2600
www.ecomsaferway.com

## Living totems

Artist Diane Hause recently hosted artists from Wilmington, Chapel Hill and Atlanta who created a series of "living totems" on trees surrounding her studio in the Ivanhoe community of Sampson County. The studio, served by Four County Electric, is located on 240 acres on the Black River. Totem poles are an art form indigenous with the Native American. Carved and created from large trees, the figures and images depicted on the poles range from recounting familiar legends, representing ancestral lineage or notable events in a clan or tribe's history. A graduate of UNC-Wilmington, Hause has worked in the area for 40 years. Contact her by e-mail or visit her website.

haustudio@earthlink.net
www.haustudio.com

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# Domi-No.s

| | | | | | | |
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| S | M | E | N | T | A | I |
| | | | | | X | 2 |
| | | | | | | N |
| | | 2 | | | | 2 |
| W | I | N | S | T | O | N |
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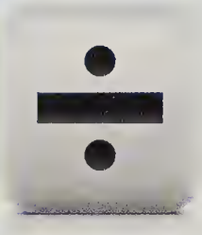
| | | 2 | | | | |
| N | E | O | L | W | | |
| | | | | | X | 2 |
| | | | | | | N |
| | | | | | | |
| S | A | L | E | M | | |

Each letter in these multiplication puzzles stands for a digit. Repeated letters stand for repeated digits. Given N=2, can you find the value of WINSTON SALEM?

# DIVIDE

A GREAT



```
1260738÷3=4____4_
UIEVAYC÷Y=D____D_
```

Each digit in this division problem stands for the letter below it. Solve the problem and write your answer on the blanks. Then match letters to the digits to find a hidden word in your answer.

# UNSCRAMBL/T

"He who hesitates is lost:

```
D__ __'_ _____ _______
c g i  a  r g g y  n o p g t o

___  _____
l g b  r o u h
```

-the late Cy Nical

Use the capital letters in the code key below to fill in the blanks above.

```
A B D E F K L N O P R T U Y Z means
u n c o p y r i g h t a b l e
```

*For answers, please see page 41*

## Oh, Henry!

## ...with apology to Edward Lear

The Owl and the Pussy-Cat went to sea
In a beautiful pea-green boat.
But neither could row, so they didn't go
any further than they could float.

-cgj



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|---|---|
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| 40x60x10 | $10,522 |
| 60x75x10 | $17,150 |
| 100x75x12 w/column | $29,522 |
| 20x100x8'6" Mini Warehouse | $ 8,397 |

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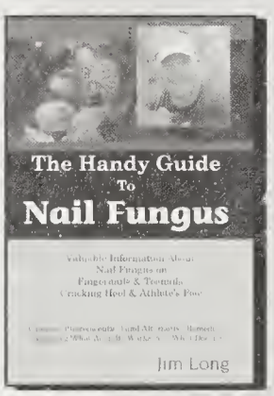


This handy guide helps you compare pharmaceutical and alternative remedies for nail fungus on fingernails & toenails, as well as cracking heel and athlete's foot, including what actually works (and what doesn't).

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Blue Eye, MO 65611

*417-779-5450*
*Mon - Fri, 8:00 - 5:00 Central time*

Long

www.LongCreekHerbs.com

# May Events

## Mountains (west of I-77)

**The Party Prophets & Cindy Floyd**
Friday After Five Summer Concert
May 3, Statesville
(704) 878-3436
www.downtownstatesvillenc.org

**Inalare**
Classical piano, flute and voice
May 4, West Jefferson
(336) 846-2787
www.ashecountyarts.org

**MAYFESTival on Main Street**
May 4, Rutherfordton
(828) 287-2071
www.rutherfordtown.com

**Symphony of Rutherford County**
May 5, Spindale
(828) 286-9990
www.rcsymphony.org

**Letterland at Tweetsie**
Child-friendly phonics program
May 8–9 & 15–16, Blowing Rock
(919) 277-1160
www.tweetsie.com

**The Hoppers Concert**
May 9, Rutherfordton
(828) 245-6746
www.carolinagospel.com

**LEAF Festival**
May 9–12, Black Mountain
(828) 686-8742
www.theleaf.org

**Mother's Day Wildflower Walk**
May 11, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

**The Extraordinaires**
Friday After Five Summer Concert
May 17, Statesville
(704) 878-3436
www.downtownstatesvillenc.org

**Southeastern Fly Fishing Festival**
May 17–18, Cullowhee
(800) 962-1911
www.southeastfff.org

**Grandfather Mountain Naturalist Weekend**
May 17–19, Linville
(919) 733-7420
www.grandfather.com

**Spring-Go Festival**
Pancake breakfast, parade, cow-pie bingo
May 18, Chimney Rock
(828) 625-8083
www.chimneyrockvillage.com

**Bluegrass & Arts Festival**
May 17, Union Mills
(828) 748-7956
www.unionmillslearningcenter.org/festival.html

**Critter Crawl 5K**
May 23, Linville
(800) 468-7325
www.grandfather.com

**Jammin At Hippie Jack's**
May 23–26, Crawford
(931) 445-2072
www.myhippiejack.com

**Memorial Day Parade & Fun Run**
May 25, Hayesville
(828) 389-6566

**White Squirrel Festival**
May 25–26, Brevard
(919) 733-7420
www.whitesquirrelfestival.com

**Garden Jubilee Festival**
May 25–26, Hendersonville
(828) 693-9708
www.historichendersonville.org

**Arts & Crafts Spring Festival**
May 25–27, Lake Lure
(828) 625-4683
www.lakelureartsandcraftsfestivals.com

*The annual Carolina Strawberry Festival in Wallace, set for Friday, May 10, and Saturday, May 11, will feature musical entertainment from The Band of Oz, Gaylon Pope & Sweet Water, and Jim Quick & Coastline, along with a 5k run, a pork cook-off, and, of course, strawberries. Call (910) 285-4044 or visit www.CarolinaStrawberryFestival.com.*

**Home Winemakers Showcase**
May 26, Laurel Springs
(800) 233-1505
www.grapestompers.com

**Summerdaze Band**
Friday After Five Summer Concert
May 31, Statesville
(704) 878-3436
www.downtownstatesvillenc.org

**NC Gold Festival**
May 31–June 1, Old Fort
(828) 442-5798
www.ncgold.org

**Spring Farm Fest**
May 31–June 1, Maggie Valley
(828) 593-8327
www.olesmokytractorclub.com

**Quilt Art By The Shady Ladies**
May 31–June 2, Waynesville
(828) 456-8885
www.lakelogan.org

**Nature Photography Weekend**
May 31–June 2, Linville
(800) 468-7325
www.grandfather.com

## ONGOING

**Street Dance**
Monday nights, Hendersonville
(828) 693-9708
www.historichendersonville.org

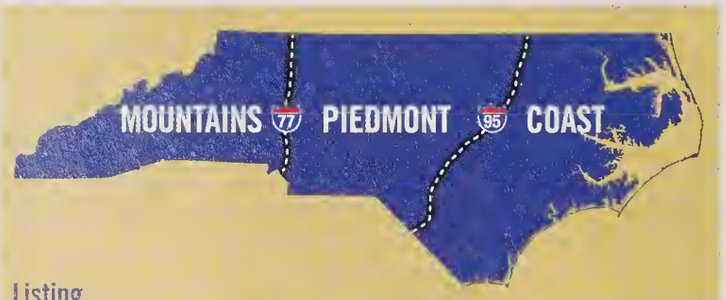
**Guided House Tours**
Wednesday–Saturdays
(828) 724-4948
www.historiccarsonhouse.com

**Bluegrass Music Jam**
Thursdays, Marion
(828) 652-2215

**Cruise In**
Second Saturdays
Through Sept. 14, Dobson
(336) 648-2309
Facebook –Dobson Cruise In

**Live Bluegrass Music**
Friday nights
Through Dec. 26, Union Mills
(828) 748-7956
www.unionmillslearningcenter.org

**Doctor Dolittle**
Family musical
May 10–26, Hickory
(828) 328-2283
www.hct.org




**Listing Deadlines:**
For July: May 25
For August: June 26

**Submit Listings Online:**
Visit www.carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

**Day Out With Thomas**
May 31–June 9, Blowing Rock
(919) 277-1160
www.tweetsie.com

## Piedmont (between I-77 & I-95)

**War Of 1812 Gunboats**
Three Jeffersonian gunboats
May 2, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

**Wobbelin Concentration Camp Commemoration**
May 2, Fayetteville
(910) 432-3443
www.82ndairbornedivisionmuseum.com

**Song Of Democracy**
Cumberland Oratorio Singers
May 2, Fayetteville
(910) 916-7524
www.singwithcos.org

**Beach Friday**
Live band
May 3, Wagram
(910) 369-0411
www.cypressbendvineyards.com

**Spring Concert Series**
May 3, Fayetteville
(910) 486-0221
www.capefearbg.org

**Antique Farm Equipment Days**
May 3–4, Goldsboro
(919) 440-9282
www.oilslingers.com

**FireFest**
Sculpture, art & activities
May 3–5, Star
(910) 428-9001
www.starworksnc.org

**Spring Folly**
Clowns, acrobats, stunt dogs, music
May 3–5, Kernersville
(336) 993-4521
www.kernersvillespringfolly.com

**Concours d'Elegance**
Car collectors, road rally
May 3–5, Pinehurst
(919) 733-7420
www.pinehurstconcours.com

**Spring Daze Festival**
May 4, Thomasville
(336) 886-5189

**Garibaldifest**
Criterium bicycling,
Rough Draft concert
May 4, Belmont
(704) 901-2067
www.belmontcrit.org

**Beer Fest**
May 4, Gastonia
(704) 866-8622
www.gastoniagrizzlies.com

**Roots & Wings Birdhouse Auction**
Live music, refreshments
May 4, Troutman
(704) 873-6100
www.iredellarts.org

**Multicultural Festival**
May 4, Lexington
(336) 248-3960
www.lexingtonnc.net

**Antiques Fair**
May 4, Cameron
(910) 245-3055
www.antiquesofcameron.com

**Professional Bicycle Race**
May 4, Belmont
(704) 913-1414
www.belmontcrit.org

**Jewish Community Walking Tour**
May 5, Fayetteville
(910) 433-1457
www.cityoffayetteville.org

**Red, White, Blue & Black**
Black Americans in the military
May 9, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

**Doyle Lawson & Quicksilver Bluegrass Festival**
May 9–11, Denton
(336) 859-2755
www.farmpark.com

**Community Festival**
May 10–11, Laurel Hill
(910) 462-2424
www.facebook.com/laurelfest.laurelhill

**Mayfest**
May 10–12, Pilot Mountain
(336) 368-4422
www.townofpilotmountain.com

**A Couple of White Chicks Sitting Around Talking**
Comedy
May 10–12 & 17–19, Littleton
(252) 586-3124
www.lakelandtheatrenc.org

**Historic Cemetery Walking Tour**
May 11, Wake Forest
(919) 435-9570
www.wakeforestnc.gov/cemeterytour.aspx

**All American Jazz Festival**
May 11, Fayetteville
(910) 672-1381
www.wfss.org

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9:00 am - 12 noon Tour of Downtown with Shopping, the Arts, and Visits to the Asheboro Library, City Hall and the Farmers' Market
12 noon - 2:00 pm Lunch and Exploration on your own or attend Health Seminars at the new Randolph Hospital Outpatient Center
2:00 pm - 4:00 pm Health and Wellness Showcase at the YMCA
5:30 pm - 7:30 pm Live Entertainment and Hors d'oeuvres at downtown Bicentennial Park
7:00 pm - Asheboro Copperheads Coastal Plain League Baseball at McCrary Park
6-23-13
All Day - Complimentary Tickets to the NC Zoo or Complimentary Golf - Nine Holes
For more info or to register go to
HeartofNorthCarolina.com/RetireAsheboroNC or call 800-626-2672

# CAROLINA COUNTRY adventures

Day Trip

## The Roanoke Valley Rocks Tour

Lake Gaston and the Roanoke River have for years drawn anglers, rod and reel in hand, to Halifax County seeking shad, largemouth bass, catfish and striped bass (or "rockfish," as the locals say).

But these days, a new kind of rockfish is attracting crowds. These Rockfish are 6 feet long—but you won't need 200-pound-test line to catch one. Swirled with designs, splashed with color and displaying historical scenes and local landmarks, these fish are hand-painted works of art. You can see them, stationed in quaint towns, outdoor recreation areas, main street businesses, historic sites and even the world's largest bird park, throughout Halifax County on the "Roanoke Valley Rocks Tour."

The tour, sponsored in part by Halifax EMC, Roanoke Electric and North Carolina's Touchstone Energy cooperatives, passes more than 50 sites countywide and highlights what "rocks" in the Roanoke Valley. So grab a map, chart your path and "get hooked" on the Roanoke Valley.

"Catch" your first Roanoke Valley Rocks fish at the Halifax County Convention and Visitor Bureau in Roanoke Rapids. "Catfish," painted by artist Leary Davis, has stripes and whiskers, and is happily situated in the middle of the dog run, which is free and open sunrise to sunset for tourists who bring canine companions along for the ride.

### Weldon: The Rockfish Capital of the World

Make a stop in town at family-owned Ralph's Barbecue (1400 Julian Allsbrook Highway). Painted by local artist Tina Gregory, their Rockfish features four little pigs reeling in a whopper of a fish. Pick up a picnic of home cookin' favorites and bring it to River Falls Park in Weldon, where you'll find another Rockfish. Take in the scenic beauty of the Roanoke River and enjoy a playground, a restored grist mill and access to the Roanoke Canal Trail and pedestrian tunnel with river murals. This section of the trail also features a hand-hewn aqueduct and a Confederate cemetery where more than 160 soldiers are buried.

Don't forget your fishing pole. Rockfish are premier game fish, and Weldon is known as the Rockfish Capital of the World. March through June is the best time to catch them. Find out more at www.ncwildlife.org.

### Historic Town of Halifax: The Birthplace of Independence

The Halifax Rockfish reflects the town's nationally significant history. The design by Tina Gregory features wording from the "Halifax Resolves," the first official declaration of independence from England by any colony during the American Revolution, and was inspired by the colonists' many sacrifices in the name of freedom. Interesting fact: the flag of North Carolina bears the date of the Halifax Resolves—April 12, 1776.

### Scotland Neck: Home of the world's largest bird park

Visitors to Sylvan Heights Bird Park in Scotland Neck can see more than 2,000 birds, including some rare or endangered species, fluff their feathers over 18 lush acres. The Rockfish here, painted by local artist Napolean Hill, mimics the colors and patterns of a peacock bass on one side and pays tribute to the red-breasted goose on the other. The largest bird park in the world, Sylvan Heights is open Tuesday through Sunday, and a guided tour by golf cart is available. Contact Sylvan Heights at (252) 826-3186 or www.shwpark.com for more information.

Don't miss Tina Gregory's black-and-white brushstrokes on "Fisheye," a Rockfish chronicling a 1920s photo session at les atkins Photography/Atkins Ad Group in Roanoke Rapids, or Traci Watson's "Luna," with Luna moth markings on her bright green sides and butterfly-wing fins, at Medoc Mountain State Park Visitors Center near Hollister.

Visit all the fish on the Tour and receive a free T-shirt from the Halifax County CVB while supplies last.

For more information about the Roanoke Valley Rocks Tour or where to stay, go to www.visithalifax.com. Find the Tour on Facebook at www.facebook.com/theroanokevalleyrocks.

*—Lindsey Listrom*

**O Brother, Where Art Thou?**
Comical movie
May 11, Yadkinville
(336) 679-2941
www.yadkinarts.org

**Mother's Day At The Garden**
May 11–12, Belmont
(704) 825-4490
www.dsbg.org

**Downtown Military Heritage Tour**
May 13, Fayetteville
(910) 433-1457
www.fcpr.us

**Pearl Harbor Japanese Navy's "Flawed" Victory**
May 16, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

**Cotton Patch Gospel**
Musical theatre
May 16–26, Fayetteville
(910) 323-4234
www.cfrt.org/special_event.php

**Mayberry Farm Fest**
May 17–18, Mount Airy
(336) 783-9505
www.mountairydowntown.org

**Cowboy Up**
Roping, barrel racing, kids day
May 17–19, Lumberton
(252) 235-7645

**Outdoor Movie Night**
May 18, Wagram
(910) 369-0411
www.cypressbendvineyards.com

**Concert In The Park**
May 18, Albemarle
(980) 581-1931
www.littlecreekmusicpark.com

**Randolph Treasures**
Bring treasures to be evaluated
May 18, Asheboro
(336) 625-3389

**Antique & Classic Boat Show**
May 18, Lake Gaston
(919) 451-9642
www.vintageboat.org

**Armed Forces Day**
May 18, Fayetteville
(910) 433-1547
www.ncveteranspark.org

**Sandhills Sankofa Festival**
Rural African-American heritage
May 18, Spring Lake
(910) 497-0628

*Conway will celebrate its 100th birthday with all-day festivities on Saturday, May 18. Activities begin with a 5K Railroad Run, followed by an "All Aboard Parade," food and craft vendors, entertainment, including Steve Owens & the Summertime Band and The Sand Band, historical exhibits and closing fireworks. The new logo was designed by local resident Ginny Burgess and represents Conway's railroad history and crepe myrtle trees that adorn the road along the tracks through town. Call (252) 585-0488 or visit www.conwayis100.com*

**Ride To Honor**
Bike to support Army's Army
May 19, Spring Lake
(910) 709-9671
www.31daysalute.com/calendar/2013/05/18/ride-to-honor

**Propaganda In Nazi-Occupied Holland**
May 20-25, Fort Bragg
(910) 432-3443
www.82ndairbornedivisionmuseum.com

**NC Quilt Symposium**
May 23–26, Fayetteville
(910) 564-2539
www.tarheelquilters.org

**Spring Concert Series**
May 24, Fayetteville
(910) 486-0221
www.capefearbg.org/event_public.php

**History from 1917-1999**
May 24–27, Fayetteville
(910) 432-3443
www.82ndairbornedivisionmuseum.com

**Citizens Police Academy 5K Run**
May 25, Belmont
(704) 913-1414
www.cityofbelmont.org

**Symphonic Salute To U.S. Armed Forces**
May 26, Fayetteville
(910) 433-4690
www.fayettevillesymphony.org

## ONGOING

**Hot Nights, Hot Cars**
First Saturdays through October
Pilot Mountain
(336) 368-2541
www.hotnightshotcars.com

**Maness Pottery & Music Barn**
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

**Durham Civil War Roundtable**
Third Thursdays, Durham
(919) 643-0466

**Art After Hours**
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

**Betty Lynn (Thelma Lou) Andy Griffith Museum**
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

**Arts Councils' Fourth Friday**
Fayetteville
(910) 483-5311
www.theartscouncil.org

**Pride & Prejudice**
Romantic comedy
Through May 5, Fayetteville
(910) 323-4233
www.cfrt.org

**Fort Bragg Fair**
Through May 12, Fayetteville
(910) 396-9126
www.fortbraggmwr.com/fair

**America & the Nazi Book Burnings**
Exhibit through May 22, Fayetteville
(910) 483-7727
www.cumberland.lib.nc.us

**Exposing Child Labor In NC**
Photography of Lewis Hine
Through June 1, High Point
(336) 883-3022
www.highpointmuseum.org

**Public Opening & First Friday**
Green Hill Center for NC Art
Through June 2, Greensboro
(336) 333-7460
www.greenhillcenter.org

**There are more than 200 markets in North Carolina offering fresh produce and more. For information about one near you, visit:**
www.ncfarmfresh.com/farmmarkets.asp

*Whether you like your potatoes mashed, boiled or fried, you can celebrate this tasty vegetable at the NC Potato Festival Friday, May 17, and Saturday, May 18, in Elizabeth City. To learn more, call (252) 338-4104 or visit www.ncpotatofestival.com*

**Rotating Exhibits**
Through Oct. 31, Oxford
(919) 693-9706
www.granvillemuseumnc.org

**Bluegrass Music**
Saturday nights
Through Dec. 31, Mt. Gilead
(910) 220-6426
www.mgmusicbarn.com

**Field Of Honor**
Display of flags
(910) 222-3282
www.asomf.org

**Mammal Safari**
**A journey of discovery**
May 18–Dec. 31, Gastonia
(704) 866-6908
www.schielemuseum.org

**Groucho: A Life in Review**
May 30–June 16, Fayetteville
(910) 678-7186
www.gilberttheater.com/2012-2013-season

**Whimsical Nature**
Jewelry, fiber art,
photography & sculpture
May 31–June 23, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

## Coast (east of I-95)

**Kids Night In, Parents Night Out**
May 3, Swansboro
(910) 326-2600

**Uptown First Friday Artwalk**
May 3, Greenville
(252) 561-8400
www.uptowngreenville.com

**Storytelling Festival**
May 3–5, Hatteras
(252) 986-2515
www.hatterasyarns.com

**300th Anniversary Play Day**
Games, entertainment, family fun
May 4, Edenton
(252) 340-3438
www.visitedenton.com

**Derby Day**
May 4, Edenton
(252) 492-8005
www.chowanarts.com

**Wooden Boat Show**
May 4, Beaufort
(252) 728-7317
www.ncmaritimemuseums.org

**Parade Of Homes**
May 4–5, Greenville
(252) 756-7915
www.pittba.com

**Nature Trek With A Ranger**
May 7, Swansboro
(910) 326-2600

**Coastal N.C. During the Civil War**
May 9, Swansboro
(910) 467-5875
www.swansborohistoric.org

**Carolina Strawberry Festival**
May 10–11, Wallace
(910) 275-1756
www.carolinastrawberryfestival.com

**Yuengling Woods 5K Run**
Race, fun run, beach party
May 11, Nags Head
(877-629-4386
www.outerbanks.org

**Bear Path Acres Wildlife Festival**
May 11, Southampton County
(757) 516-8774
www.bearpathacres.org

**Rec Run & Kids Dash**
May 11, Winterville
(252) 329-4550
www.grpd.info

**Guild Loon Day**
Core Sound decoy carvers
May 11, Harkers Island
(252) 725-5110
www.decoyguild.com

**Millpond Day & 5K Run**
May 11, Gatesville
(252) 357-1191
www.ncparks.gov

**Fishing Creek Paddle**
May 11, Enfield
(252) 445-2234
www.enfieldnc.org

**National Tourism Day**
May 14, Edenton
(252) 482-2637
www.visitedenton.com

**Umbrella Market**
May 15, 22, 29, Greenville
(252) 561-8400
www.uptowngreenville.com

**Women During The Civil War**
May 16, Swansboro
(910) 467-5875
www.swansborohistoricsite.org

**Keyshia Cole Concert**
With special guest Chrisette Michele
May 17, Greenville
(252) 321-7671

**Coyote Concert**
With Lou Castro, Marcy Brenner
May 17, New Bern
(252) 646-4657
www.downeastfolkarts.org

**NC Potato Festival**
May 17–18, Elizabeth City
(252) 338-4104
www.ncpotatofestival.com

**Pirates on the Pungo Regatta**
Benefit for Pungo Hospital
May 17–19, Belhaven
(252) 964-3555
www.PiratesOnPungo.org

**Hang Gliding Spectacular**
May 17–20, Nags Head
(877) 629-4286
www.outerbanks.org

**Centennial Celebration**
Festivities all day
May 18, Conway
(252) 585-0488
www.conwayis100.com

**Country Roads Bike Tour**
May 18, Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

**Coyote Concert**
With Lou Castro, Marcy Brenner
May 18, Beaufort
(252) 646-4657
www.downeastfolkarts.org

**Master Gardener Plant Sale**
May 18, Greenville
(252) 902-1709
www.pittcountyarboretum.blogspot.com

**Fireman's Ball**
May 25, Ocracoke Island
(252) 928-4044

**Cannon Firing**
May 25, Fort Macon
(252) 393-7313

**Outer Banks Music Festival**
May 26, Corolla
(252) 453-9040
www.whaleheadclub.com

**Shore Break 5K & Tide Pool Fun Run**
May 27, Avon
(877) 629-4386
www.outerbanks.org

**Wednesday Wine Festival**
May 29, Corolla
(252) 453-9040
www.whaleheadclub.com/events

**Carteret Sunshine Band**
May 31, Fort Macon
(252) 393-7313

**Music & Water Festival**
May 31–June 1, Edenton
(252) 482-3400
www.visitedenton.com

## ONGOING

**Art Walk**
First Friday, Elizabeth City
(252) 335-5330
www.ecncart.com

**Pamlico Amateur Radio Meeting**
Third Thursdays through June
Washington
(252) 945-8220
www.k4bch.com

**Mollie Fearing Memorial Art Show**
May 3–30, Manteo
(252) 475-1500
www.roanokeisland.com

**9 to 5: The Musical**
Comedy about working women
May 10–11, 17–18, 24–25, New Bern
(252) 634-9057
www.newberncivictheatre.org

**The Lost Colony**
Outdoor drama
May 31–Aug. 22, Manteo
(252) 473-6000
www.outerbanks.org

## Business Opportunities

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## Vacation Rental

**BEACH HOUSE,** N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. 828-478-3208. Request photos: bnagel36@charter.net

**BEACH HOUSE, CDROLLA, OBX.** 3 story, 5/BR, 5 1/2/BA, elevator, swimming pool, hot tub, oceanside. Two houses from lake-beautifully furnished. Call 252-636-2200 for rates.

**BEAUTIFUL OCEANFRONT RENTALS...** Best value in Indian Beach, NC. Each 2bdrm/1bath was remodeled in 2011 to include all the comforts of home. Large oceanfront deck and private steps to the beach. On the sound side, pier, dock, shelter, playground, picnic benches, and boat ramp facility. Visit our website to view our beachfront rentals: www.oceanfrontcourt.com or call 1-800-553-7873 (SURF)

**BLOWING ROCK CHETOLA RESORT,** 2BR, 2BA condo. hbauman@bellsouth.net

## How to Place a Classified Ad

**Deadlines**
For publication in Carolina Country magazine, submit your ad by the 25th of the month approximately 5 weeks before publication (e.g., June ad due April 25). Orders received after deadline will be published in the following issue.

**Costs & Word Limitations**
- For Carolina Country magazine: $2 per word ($20 minimum per ad). Maximum of 75 words.
- Every word counts, including "a" or "the." A phone number counts as one word (enter these as 555-555-5555). A website address counts as one word.
- Payment must accompany order. We accept Visa, MasterCard or American Express, or make checks payable to "Carolina Country."
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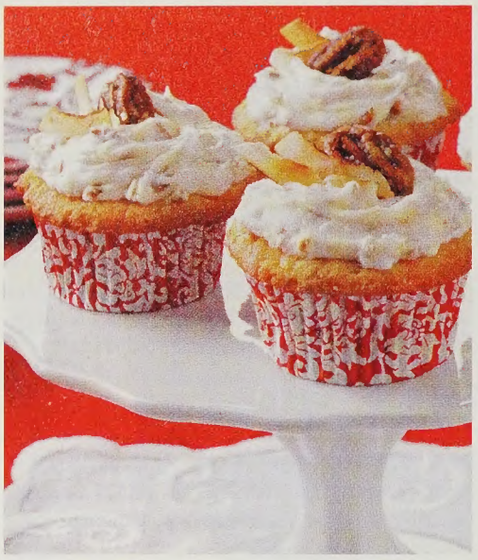


## Coconut Pecan Cupcakes

(Mini version of an Italian Cream Cake)

- 5 eggs, separated
- ½ cup butter, softened
- ½ cup shortening
- 2 cups sugar
- ¾ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1½ cups all-purpose flour
- ¼ cup cornstarch
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- 2 cups flaked coconut
- 1 cup finely chopped pecans

**Frosting:**

- 1 package (8 ounces) cream cheese, softened
- ¼ cup butter, softened
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 3¾ cups confectioners' sugar
- ¾ cup chopped pecans

Let eggs stand at room temperature for 30 minutes. In a large bowl, cream the butter, shortening and sugar until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Stir in extracts. Combine the flour, cornstarch, baking soda and salt; add to creamed mixture alternately with buttermilk, beating well after each addition.

In a small bowl, beat egg whites on high speed until stiff peaks form. Fold into batter. Stir in coconut and pecans.

Fill paper-lined muffin cups three-fourths full. Bake for 20–25 minutes or until toothpick inserted near the center comes out clean. Cool 10 minutes; remove from pans to wire racks to cool completely.

In a large bowl, combine the frosting ingredients until smooth; frost cupcakes. Store in refrigerator.

*Yield: 2 dozen*

# From Your Kitchen

## Quinoa Salad With Mint, Almonds & Cranberries

- 2 cups chicken broth
- 1 cup quinoa (look near the rice)
- 3 tablespoons olive oil
- ½ cup coarsely-chopped mint leaves
- ½ cup coarsely chopped kale
- ½ cup dry roasted almonds, unsalted
- ½ cup dried cranberries
- ½ cup sliced carrots
- ½ cup sliced celery
- 1 scallion, thinly sliced
- 18 grape tomatoes, halved
- 1 lemon, juiced
- ½ tsp lemon zest

In saucepan bring chicken stock to a boil over high heat. Add quinoa, reduce heat to medium-low, cover and simmer until quinoa is tender and liquid is absorbed; about 13 minutes. Stir in olive oil and let cool.

Stir in mint leaves, kale, almonds, dried cranberries, carrots, celery, scallion, grape tomatoes, lemon juice and lemon zest. Season to taste with salt and pepper.

*This recipe comes from Marlinda Dowdy of Pittsboro, a member of Central EMC.*

### Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

## Taco Lasagna

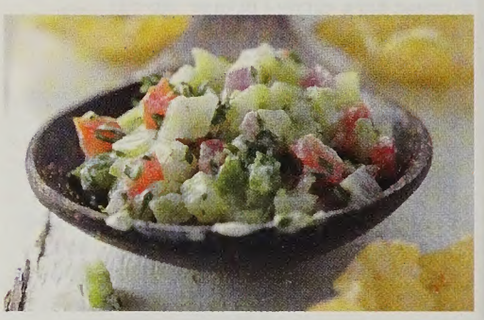
- 1 pound ground beef
- ½ cup chopped green pepper
- ½ cup chopped onion
- ⅔ cup water
- 1 envelope taco seasoning
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14½ ounces) Mexican diced tomatoes, undrained
- 6 flour tortillas (8 inches)
- 1 can (16 ounces) refried beans
- 3 cups (12 ounces) shredded Mexican cheese blend

In a large skillet, cook the beef, green pepper and onion over medium heat until meat is no longer pink; drain. Add water and taco seasoning; bring to boil. Reduce heat; simmer, uncovered, for 2 minutes. Stir in black beans and tomatoes. Simmer, uncovered for 10 minutes.

Place two tortillas in a greased 13-by-9-inch baking dish. Spread with half of the refried beans, then half the beef mixture; sprinkle with 1 cup cheese. Repeat layers. Top with remaining tortillas and cheese.

Cover and bake at 350 degrees for 25–30 minutes or until heated through and cheese is melted.

*Yield: 9 servings*



## Crisp Cucumber Salsa

- 2 cups finely chopped seeded, peeled cucumber
- ½ cup finely chopped seeded tomato
- ¼ cup chopped red onion
- 2 tablespoons minced fresh parsley
- 1 jalapeño pepper, seeded and chopped
- 4½ teaspoons minced fresh cilantro
- 1 garlic clove, minced or pressed
- ¼ cup reduced-fat sour cream (or Greek yogurt)
- 1½ teaspoons lemon juice
- 1½ teaspoons lime juice
- ¼ teaspoon ground cumin
- ¼ teaspoon seasoned salt
- Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

*Yield: 2½ cups*

### Find more than 500 recipes at www.carolinacountry.com

Recipes here are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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